

# Baring It Beautifully

## WHAT'S THE BEST WAXING METHOD FOR YOU?

BY Erin Brereton



Pedicures aren't the only summer maintenance you need to take care of—but with today's many hair removal options, how do you know which to try? CW's guide will tell you which hair removal method is best for you.

### READY... SET... RIIIP!

If you've never heard that sound, chances are you're a waxing newbie. And that's okay. Bikini waxes aren't for everybody—and for those who do love them, there isn't any one type that's perfect for everybody, either.

"There are many methods of hair removal; whichever a person chooses depends upon what she is trying to achieve," says Dr. Coyle Connolly of Connolly Skin Care, which has three New Jersey locations. "If a person is looking for just temporary results, I would recommend waxing. For permanent hair removal, I would recommend laser hair removal with treatment by a dermatologist. Waxing is faster, cheaper and temporary. Laser hair removal is more expensive and lasts longer."

These days, going hairless down there is a part of life for many women—but how do you know which method is right for you? From the full monty to home removal, find your hair removal identity below.

### THE BUSY EXECUTIVE

**SHE'S:** Running from the cab to a plane to her meeting and back again to meet friends for martinis at a chic downtown bar.

**LIFESTYLE:** On the go—but The Busy Executive *always* looks put together.

**FOLLICLE FIX:** The Busy Executive doesn't have time for repeated spa visits. She needs something fast and easy to maintain! Enter: the basic bikini wax. It's simple, easy on the upkeep and the pain factor isn't too bad. Some salons, such as Arvilla Skin Care & Spa in Glendale, CO, are actually experimenting with ways to reduce the discomfort.

"We apply an oil blend to the skin before waxing," says Tawnya Hutchinson, Arvilla owner and aesthetician. "This creates a barrier

Hi-tam: Ibrahim/Corbis Images; Model in photo used to illustrate story only



between the wax and the skin which allows for an almost pain-free wax."

**THE LIFE OF THE PARTY**

**SHE'S:** A fun-loving urban hipster who loves late nights, hitting the town and dancing until dawn!

**LIFESTYLE:** Her little black book could fill half a library. Between hot dates and cool Cosmopolitans, the Life of the Party never slows down—except to pick up a few incredibly trendy outfits for the next few nights out!

**FOLLICLE FIX:** With a lifestyle this hot, only one tropical treatment would do: the Brazilian—a waxing treatment that removes all the hair down there. It's low maintenance, goes with every outfit (and bathing suit) and guys love it.

"Party girls like the Brazilian because it makes them feel sexy and they can wear tiny bikinis or thongs and feel confident at the same time," says Hutchinson. "Men are very visual, so they love Brazilians because they can see more of what is typically hidden. Women love them in general because sensations are heightened and many feel more satisfied during sex by having bare skin."

Plus the Brazilian won't cramp your style—many experts recommend waxing every month or so. "It's a good idea for maintenance to go about every 4-5 weeks," says Hutchinson. "That gives the hair enough time to grow and be easily pulled, but not too long that it's like starting over from scratch."

**MS. CREATIVITY**

**SHE'S:** An artist by trade and as sensitive as she is innovative. Whether it's painting or



"Waxing the eyebrows is an absolute must for me—I have really dark eyebrows. As for the bikini-line, a razor can do the trick, but every so often, I treat myself to a waxing treatment just for convenience...or if I'm going on vacation somewhere warm!"

—Whitney, 25, lab technician, Laguna Hills, CA



"I get my bikini line waxed just to keep it clean; I don't do anything too extreme."

—Soni, 23, art designer, New York, NY



"I have never been to a salon to get anything waxed before, beside my eyebrows. It has always kind of scared me. I have blonde hair and fair skin so the hair on my legs doesn't really show up, and if it does, it takes three minutes to quickly shave it in the shower."

—Kim, 28, production manager, Chicago, IL

sculpting or teaching art as a volunteer, she's always reacting to her surroundings.

**LIFESTYLE:** Live for the moment and love every moment of it!

**FOLLICLE FIX:** Get this woman something gentle, please! She's so emotional that she's not one who's much for pain. The Aesthera laser hair removal system, which combines pneumatic energy in the form of a vacuum with broadband light, is perfect for her.

"It is a virtually painless process," says Diane Dennis, Vice President, Operations at Iatria Day Spa in North Carolina. "The treatments are relaxing, there are no associated side effects. The Aesthera technology is four to seven times faster than treatments with other lasers or light-based technologies and patients express that it is far less painful."

"It's perfect for moms, or anyone who shied away from laser hair removal before because it was too painful," Dennis says.

**THE PRIVATE LADY**

**SHE'S:** Reclusive, shy and quiet. It takes time to get to know this introverted but intelligent woman!

**LIFESTYLE:** She tends to avoid the beach for a coffee shop, where she pages through the paper or reads a good book.

**FOLLICLE FIX:** Hair removal is on the minds of most women in summer—whether or not they're purchasing a barely-there bikini or just want to look and feel fresher! But for the shy, bikini waxes can be traumatic. Therefore, home waxing or shaving may be best.

And if you're feeling brave, try a waxing consultation at a salon. They may do dozens of waxes a week—but most salons understand it can be a sensitive subject. "We understand this can be a very uncomfortable experience," says Hutchinson. "We strive to make it as quick and easy as possible." ☺

**CELEBRITY  
SECRET RIP TIPS  
SUREFIRE TRICKS FOR  
WORRY-FREE WAXING**



Jonice Padilha, star hair remover expert

Bikini waxes aren't that painful—right? Wrong. "I'm not going to lie to you and say it doesn't hurt," says Jonice Padilha, the Brazilian-born co-owner of J

Sisters salon in New York City, which has given Brazilians to celebrity clients such as Christy Turlington, Cindy Crawford, Gwyneth Paltrow, Tyra Banks and more. However, Padilha offers the following tips to reduce waxing ouchs:

☛ **WATCH THE CALENDAR.** Waxing just before or just

after your period can be painful.

☛ **MIND YOUR MOOD.** Yes, that time of the month can cause sensitivity—but so can you. "It also depends on your mood, how was your week," she says. "If it's a very tense day that day, try not to have it done."

☛ **FIND A SALON THAT FITS YOU.** "[You] should be looking for a place that feels comfortable," Padilha says. "[Salons are] all about friendship. And a Brazilian will really feel painful if you are tense."

☛ **MAKE WAXING A HAPPY HOUR.** If all else fails? "Go and have a margarita before!" Padilha laughs.

