

# Take It Off!

BY PAMELA EDWARDS

**The best hair-removal options for a fuzz-free you**

## Close shave: Easy and cost-effective

**Best for:** Underarms and legs. **How it works:** "Start with a sharp blade, and do your best to shave in the direction the hair is growing," says Danielle Malka, creator of e-Shave, a line of shaving tools and products based in New York (eshave.com). "It's a good idea to shave at the end of a shower. Heat and water open pores and soften hair, so you'll get a closer shave." Use oils, foams or creams that lather as buffers and softeners. Hair conditioner is actually a great softener, Malka adds. **Costs:** \$5-\$50 for shaver and supplies.

## Sugaring: An alternative to waxing

**Best for:** Sensitive-skin types. **How it works:** "This ancient practice uses sugar, lemon and water to create a gel that, like waxing, removes hair with the use of cotton strips," says Shobha Tummala of Shobha, a threading, sugaring and waxing studio in New York (shobhathreading.com). "Because sugar doesn't stick to skin as tightly as wax, it can be much less irritating than waxing. Many say it's a lot less painful." A plus: If your hair is coarse, you can go over an area more than once to remove stubborn hairs, which is a no-no with waxing. **Costs:** \$10-\$80, depending on area being treated.

## Waxing: Quick and inexpensive

**Best for:** Just about any body part. **How it works:** "No matter where you choose to wax, you'll get the best results if you have at least a quarter inch of hair—a bit more if your hair is coarse," says master waxer Cindy Barshop, owner of Completely Bare Hair Removal Spas in New York (completely-bare.com). "People love waxing because it's fast, lasts longer than shaving, and is relatively cheap compared with most other professional treatments." If you wax at home, stick to the legs only, Barshop adds. "You need a certain vantage point to effectively wax underarms, the bikini area, the brows and the upper lip," she explains. Your skin can be more sensitive the week before your period, so skip waxing during this time. Sensitive-skin types should avoid exfoliation just before waxing; that bit of dead skin can actually be a buffer against irritation. **Costs:** \$5-\$100. >

### TIP

If you suffer from ingrown hairs between waxing and shaving sessions, try a daily exfoliator to lessen the chances of getting them. We like: Bliss In-grown Hair Eliminating Peeling Pads.