

With sugaring, a natural gel adheres to the hair before being pulled off to reveal smooth skin.



Q I've heard a lot about sugaring as an alternative to waxing for hair removal. What is it, and is it really painless?

A Waxing and sugaring are very similar hair-removal processes, where a thin layer of wax or gel is applied in the direction of hair growth, then covered with a strip of fabric, which is pulled off in the direction opposite to hair growth. Sugaring dates back to the ancient civilizations of Egypt and Greece. It's considered less painful than waxing because, unlike wax, the gel adheres only to the hair and not to the skin, explains Shobha Tummala, owner of the Shobha salons in New York City. Sugaring gel also contains all-natural ingredients (sugar, lemon juice and water). For these reasons, sugaring is a good option for sensitive skin, and—unlike waxing—it can be used safely by those taking the prescription acne drug Accutane or using retinols (including over-the-counter retinols).

To try sugaring at home, opt for Shobha's sugaring kit, with reusable strips (\$30; shobhathreading.com), or Moom Introductory Kit (\$25; moom.com) with sugaring gel, reusable strips and wood applicators. — Liz Koppelman

that's where
to brighten
you have:

used in
nt, takes just
ns.

Whitening
you can get teeth
ue-light

