



Sugaring Is A Less Painful Alternative To Waxing

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We all know how painful waxing can be. After all, it is hot wax, a piece of cloth and a rip.

Well, one ancient hair removal technique is not only eliminating hair, it's eliminating some of that pain. It's called sugaring.

"Once people find out about sugaring there's no turning back to waxing," says Lindsey Barton of Shobha. "It's just so much better for your skin and hurts so much less."

Sugaring dates back centuries, and it's very common in the Egyptian and Indian cultures. But this all-natural alternative is now raising eyebrows here in New York, so NY1 stopped by Shobha in SoHo to find out what it's all about.

The procedure is exactly the same as waxing. They put a thin film on the skin, cover it with a piece of cloth and gently pull it off.

"Sugaring is different because it does not cling to your skin that much, so when you apply it and pull it, it comes very gently," says Shobha's Anjali Arora. "It doesn't irritate your skin, and it's less painful."

It's also all-natural, so it's great for sensitive skin or for people who are allergic to wax.

"Sugar is made of sugar and lemon juice," says Arora. "You just soak the sugar in lemon juice and let it sit for some time, and then you cook it. And the cooking has to be right."

Unlike wax, sugar is not applied when it's hot - it's only warmed.

If you have never had it done, or you're just a big baby like me, they say sugaring hurts less than having a band-aid removed. Actually, it really doesn't hurt at all - it just sounds really bad. I guess it also depends on how much hair you have.

But either way, it is easier to take than waxing.

If you've never had it done or you have very sensitive skin, the folks at Shobha recommend a patch test so you can try it out first.

Sugaring was designed as an at-home remedy, and even though it's now offered in salons you can find recipes to try it at home. Shobha even offers an at-home kit. The prices for sugaring are comparable to waxing.

So if you are looking to lose some hair without losing your mind, sugaring may be a sweet way to go hair free.

For more information, visit www.shobhathreading.com.

- Jill Scott