

PRODUCT

SLOW THE GROWTH

If you're bothered by unwanted facial hair around the lips and on the chin, the prescription cream **Vaniqa** may be right for you. Vaniqa works during the growth stage of the hair cycle by blocking an enzyme in the follicle that is necessary for hair to grow. It's applied twice a day, and most patients notice a reduction in facial hair in four to eight weeks. Vaniqa is not intended to take the place of your usual hair-removal method, but it can slow hair growth, which will increase the time between hair-removal treatments. See your dermatologist for more information.

NO PLACE LIKE HOME

If you can't find a salon near you that offers sugaring, you can have everything you need sent directly to your door. The **Shobha Deluxe Home Sugaring Kit** includes the Madhu gel (made by Shobha's mom), detan strips that are machine-washable for repeated use, an exfoliating cloth, jasmine talc powder and rosewater toner. \$50; shobhathreading.com

PRODUCT

GROWING PAINS

If you're going to wax or shave the delicate bikini area, you must tend to it on a daily basis to stay ingrown-hair free. **Completely Bare Bikini Bump Blaster** pads contain glycolic and salicylic acids. When applied once or twice a day, the pads can help prevent ingrowns from rearing their ugly (and painful) heads. \$22; completelybare.com

INSIDE TIP

Attention, retinoid users! Aside from tweezing, threading is the **only** hair-removal option for those using Retin-A, Avage, Renova and other medications of this type on the face. According to Shobha Tummala of NYC's Shobha Threading, the thread acts like a lasso, grabbing the hair and pulling it out from the root without tugging on the skin.



See the light

To be fuzz-free for the long run, laser or Intense Pulsed Light hair removal is the best option. In this relatively painless procedure, light at specified wavelengths is delivered into the skin, where it targets dark material (usually the pigment in hair). In doctor-speak, this is intended to cause damage to the hair follicle while sparing surrounding tissues. The result: A 50- to 80-percent (or better!) reduction in unwanted hair.

While light-based hair removal can be used from head to toe, the best candidate has hair that is darker than his or her skin. However, lighter hair can be treated with a combination of radiofrequency and laser light. For maximum results, a series of three to five treatments is recommended because the laser is only

effective on hairs in certain stages of the growth cycle.

A few laser hair removal considerations: Do not tan before your appointment. This includes self-tanning! Naturally darker skin may require more treatments, so make sure your provider has experience treating patients with skin tones similar to yours. Results are not 100-percent predictable. Be sure to ask your treatment provider about possible side effects and outcomes.

Breaking news: A new study released by the American Academy of Dermatology states that when used in tandem with permanent hair removal, Vaniqa produces quicker and more complete results. Unlike laser or IPL hair removal alone, this combination therapy also addresses dark, pigmented hair as well as peach fuzz.