

Hair removal: The art of threading

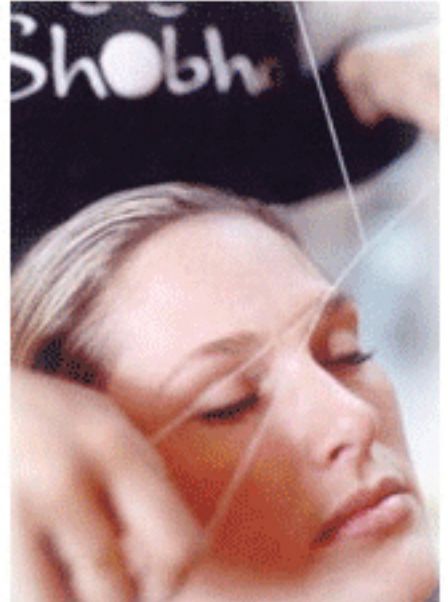


What's threading?

Threading is a hair removal process which involves a cotton thread that is twisted and pulled along areas of unwanted hair. Like a mini-lasso, the thread wraps around the hair, lifting the hair follicle from the root.

Shobha Tummala is owner of three high-end spas in New York City that specialize in hair removal and [skincare](#) traditions such as threading, sugaring and all-natural facials.

Shobha fills us in on some details about the threading process.



The ouch(less) factor: It is found by many to be much less painful than waxing. Since threading only targets the individual hairs, skin irritation is kept to a minimum. This is unlike waxing, which often causes unnecessary stretching and removal of the skin's delicate top layers.

An art of perfection: Threading is very precise and allows our specialists to have greater control than waxing, resulting in a better brow shape for you!

Au naturale: Threading is 100% natural, there are no artificial waxes, chemicals, or invasive techniques used.

Take it all off: Even those short stubbly hairs can be removed — which gives you the option of avoiding that yucky growing-out period that everyone hates!

The taming of the flame: Minimal redness occurs after threading, and any redness that *does* appear usually subsides within an hour. With so little skin irritation, threading lets your [beauty secrets](#) stay secret!

Anti-acne: The majority of people that break out from waxing tend to *not* break out from threading. Also, threading is completely safe and dermatologist-recommended for individuals who are currently using medications like Accutane and Retin-A.

Wrinkle prevention: Warning: Waxing can tug, pull, stretch, and even remove the delicate skin on your face, eventually facilitating in the development of wrinkles! The good news is that threading does none of this.

So instead of torturing yourself with waxing, look into threading — which will leave you hairless and smooth.

If you are in New York City and looking for a wonderful spa experience in a relaxing, Indian-inspired environment, visit one of Shobha's spas.