

spa



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An "It" Girl's Most Embarrassing Feminine Issues & The Spa Products That Saved Her Relationship

By Stephanie Ila Silver

Jen is the ultimate "it" girl. She's smart. She's funny. She's gorgeous. She's got a fantastic job, fantastic friends and a closet packed with the latest styles. Jen is in a relationship with an equally fabulous guy...his name is Mark. But Jen has a couple of little secrets she'd like to keep from Mark; and secrets are never good for any couple, right? Let's see if we can help save Jen's relationship before these embarrassing deal-breakers take their toll.



Secret #1 – Jen gets a visit from Aunt Flo. This may seem more like a fact of life than a secret, but regardless, for Jen, that time of the month has become more than just inconvenient; it's become costly. On some days, a tampon is simply not absorbent enough and we can all agree that a panty liner isn't the sexiest accessory for lingerie. Jen can protect her favorite pants from demise by wearing **My LACYS** (which has a built-in liner) for when Aunt Flo makes a surprise visit. Or she can make sure to have a supply on hand of the miracle stain remover **Laundry Spa**. The ingredients are 100% safe, natural and biodegradable, and it really works. So don't fret Jen! You didn't ruin your favorite pair of white jeans (not to mention Mark's mattress).



Secret #2 –Jen sometimes gets that 'not so fresh feeling'. We've all heard that douching is no longer the safest route to feeling clean and fresh below the waist. But what's an alternative? When Jen's in the mood for going commando, she uses **Nundies**, a disposable panty that adheres to the inseam of women's pants. She could also try **Shobha's Freshening Cloths**. Packed in a lightweight container, these disposable wipes are safe to use in the bikini region and can do wonders for lessening any insecurity (Of course, if the problem persists, it could be something you need to speak with your doctor). Be sure to check out Shobha's website for other 'intimate grooming' products and to make appointments for expert threading and sugaring at one of their three locations (Soho, 57th & Madison and Columbus Circle). Another option is the **OnGossamer** line of fashionable panties. Its wick-stop™ liner technology absorbs everyday spotting stains, traps moisture, and keeps anything from appearing on the other side. The luxury liner also boasts an anti-microbial agent for odor control so Jen feels confident when her cutie gets frisky.



Secret #3 –Jen feels like a Sasquatch. To prolong her next painful waxing appointment, Jen could try going to spas that offer the **Epilac System**. By massaging the 2 gels into the skin immediately after a waxing, re-growth of hair is decreased by 20%. Visit NYC's **Body Essentials Ayurvedic Rejuvenation Spa** or LA's **Murad Medical Spa** to try it out. But her hair issues don't stop there. Her sweetie doesn't samba Jen's Brazilian (damn those ingrown hairs and razor bumps). She can nip those little suckers in the bud by enlisting the help of **In Fiore's Bikini Balm** or **Tend Skin**, And if she wants to increase either product's effectiveness, she can try them in conjunction with Shobha's machine washable **Exfoliating Cloth**. Sergio Mendes, anyone?