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HOW TO ECO-CHIC

Shaving Your Legs

Get a smooth, fuzz-free bod — the eco-friendly way — in three simple steps.

by Megan O'Neill

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Green girls of decades past may have shunned the razor and gone au natural, but today's eco-chic lady is much less likely to do so. After all, wanting hair-free legs doesn't mean she cares any less for the environment — just that she wants her gams to look as glamorous as her sleek organic cotton skirts. But the hair removal industry is definitely a wasteful business: The EPA estimates that 2 billion disposable razors are sent to US landfills each year. That's about nine razors for each of us over 19 years old! Then there are the shaving and waxing aids that are loaded with synthetic preservatives known to mimic hormones, chemical colors and fragrances not found in nature and petroleum-derived emollients. With all of that bad news, we still won't suggest staying hirsute for the sake of the planet. For smooth skin without the waste — and without the use of polluting chemicals — just follow Sprig's simple steps and product suggestions.



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Get smooth and sweet with sugaring: Sugaring is a hair removal technique that has been used around the world for centuries. While it works in a similar manner to waxing (removing the hair at the follicle so legs stay smoother, longer), it's actually gentler on skin. Most sugaring products usually contain little more than sugar and lemon juice so you can de-stubble safely and without chemicals. Two sugaring kits we love are the **Shobha Madhu Mini Kit**, which comes with machine-washable denim removal strips, and **Moom Organic Hair Removal Kit**, which is sugar-based and also comes with washable fabric strips you can use over and over.