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Sugar Wax or Thread – Hair removal

May 25th, 2009

No comments



There's a scene in the movie Sex and The City where a bathing suit-clad Miranda Hobbes is berated by the girls for her lack of hair removal prowess in the bikini area. Shortly after, her marriage crumbles and her life falls apart.

Coincidence?

Just in case, here's the scoop on hair removal methods beyond the old razor.

Sugaring

It may last a lifetime on your hips, but applied to your calves and thighs, sugar may just be a sweet way to remove hair. Sugaring is an ancient middle-eastern method that is gaining popularity in Tampa Bay.

This hair-removal process typically uses a paste or gel crafted of natural ingredients such as sugar, water, and lemon juice. Similar to waxing, hair is removed from the root with results lasting up to six weeks. Unlike waxing, the sugaring process can be done on larger areas of hair at a time, purportedly making hair removal faster.

Whether you opt for a salon treatment or you're brave enough to try the treatment at home, you'll need about five days of hair growth to make the process a success. At Belmora Spa and Salon (1213 W Fletcher Ave., Tampa) the Brazilian (\$65) is the most popular sugaring treatment on the menu, says esthetician Heidi Arlington. "It's less painful than traditional wax and it doesn't rip the skin," she said.

Prefer to do it yourself? Head to shobha.com and pick up their signature sugaring kit for \$30.

Waxing

The gold standard of hair removal is waxing, which can last up to eight weeks and can be used on most any part of the body that sports unwanted hair. Loyalists swear that with repeated waxing treatments, hair growth is visibly reduced.

While some say that waxing may be uncomfortable, fans say it's no sweat. South Tampa's Awa Spa and Wellness Sanctuary (5820 South MacDill Ave., Tampa) is popular for its Brazilian waxes (\$45 to \$55). At Kennedy Salon and Day Spa (220 N Howard Ave., Tampa), both women and men go for waxing.

Threading

Another age-old treatment experiencing new popularity is threading, most often used to remove unwanted hair on the brows, upper lip or chin area. The process involves the use of a thin, twisted cotton thread which is rolled over the hairline, removing unwanted hair at the follicle level.

Threading is ideal for those with very fine hair or those with sensitive skin because the top layer of skin is not traumatized. In fact, many salons and spas recommend threading to clients on certain medications or skin care regimes that include the use of alpha hydroxy acids.

And it's affordable. At Paris Salon and Day Spa (3115 W Bay to Bay Blvd., Tampa), threading is on the menu for \$18. If you prefer to do-it-yourself (and like pain) try the Lindo Twist-n-Roll Tweezers (\$12.99).

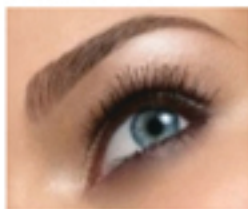
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waxing Hair Removal, threading, waxing, sugaring

Brow WOW!

October 6th, 2007

No comments



Put down your tweezers, chill that wax, and roll up your thread. Don't make another move until you've read through this text. Throughout our years of troubles and toils, ups and downs, peaks and valleys, one essential answer always manages to evade us: How do we achieve and maintain the perfect brow?

Beverly Hills' Salon Maxime celebrity makeup artist Robyn Cosio views eyebrow shaping as a way of giving a woman an "instant facelift". Her technique is traditionalist: she shapes with wax and then tweezes for detail. Robyn also tints brows and lashes, for richer and more detailed looks, a technique that especially works well with pale or gray brows.

Because the average number of days it takes eyebrow hair to completely grow back after being plucked is 64 days, eyebrow shaping may become a more frequent concern than gassing up your car. Many people wax or thread as often as every 2-3 weeks, and plucking in the interim to catch "strays" can be an almost daily task for many with thicker hair.

"Easy brows don't come from kits," says Kat James, author of The Truth about Beauty and a celebrity makeup artist. "They come from a great pair of tweezers and a great eye for architecture." She advises avoiding plucking under the inner half of the brow and only cleaning up under the outer half. "Then, to elongate the brow, fill in hairless spots from past over-plucking and create the perfect arch placement."

Filling in spots is where a lot of us come in to problems.

"Often clients will choose a brow pencil color based on their hair color instead of their skin tone. By using a darker shade than necessary, the brow pencil application gives a more artificial, drawn-on look instead of naturally enhancing the existing shape," offers Shobha Tummala, owner of two high-end spas in New York City that specialize in ancient hair removal methods like threading and sugaring.

According to Shobha, threading is superior to waxing or tweezing because:

- The Ouch-less factor — Since threading is able to target the individual hairs, skin irritation is kept to a minimum, unlike waxing which often causes unnecessary stretching and the removal of the skin's delicate top layers.
- An art of perfection — Threading is very precise and allows the specialist performing the service to have greater control than waxing. This precision is especially useful in eyebrow shaping, where every hair is important. Often times when people wax they tend to take the tail of their eyebrow off, making it too short.
- Precision is everything — Especially when it comes to eyebrow shaping. Threading allows the freedom to create a more manicured brow or just enhance a person's existing natural shape.
- Au naturale — Threading is 100 percent natural, there are no artificial waxes, chemicals, or invasive techniques used. Thus, individuals using certain medications like Retin-A and Accutane and those who have even had recent cosmetic surgery can still get hair removal without the worries of waxing. These medications/procedures make the skin ultra-sensitive and waxing could literally remove the top layers of the skin, exposing the delicate under tissue. Proper Brow Shape: Hold a pencil on the side of your nose. Your eyebrow should start at the tip of the pencil. Then hold the pencil diagonally, and extend it to the other end of your eye. That is where your brow should end. To determine where the arch should be highest, hold the pencil from the nostril to the outside edge of the iris – and that is the apex of your arch. Ideally, the inner edge of the brow should be equal to your nostril. The space between your brows should be equal to the width of your eye. [Full Article](#)

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