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beauty

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skin care

Bikini Waxes: The Low-Down on Down There

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Just in time for swimsuit season, the New Jersey Board of Cosmetology made news recently when it tried to ban all bikini hair removal after two women were hospitalized with waxing-related infections. Amid all the chatter about waxing safety, we asked hair removal expert Shobha Tummala, founder of New York's popular Shobha salons, for tips on ensuring the best-and safest-experience.

Most importantly, Tummala encourages waxing clients to be aware of their surroundings. "Your practitioner should use clean, disposable implements or hospital grade disinfectant for any tools that are reused," she says. They also shouldn't "double dip" the spatula into the wax vat, which can increase the chances of harmful bacteria growth. If your salon doesn't have a No Double Dip Policy, as the Shobha salons do, "request a new can of wax at the start of your treatment to avoid contaminated supplies." Finally, as general health rule, it's best to get a bikini wax at least a few days before or after your period. "The closer the treatment is to your actual period, the more sensitive your body becomes because your immune system is lowered, making you more susceptible to infection," explains Tummala.

For more on healthy hair removal practices and post-visit recommendations, visit www.myshobha.com.