



# ADRIEN FIELD

Fashion news, trends, shopping and the New York scene written by style expert and bon vivant, Adrien Field.

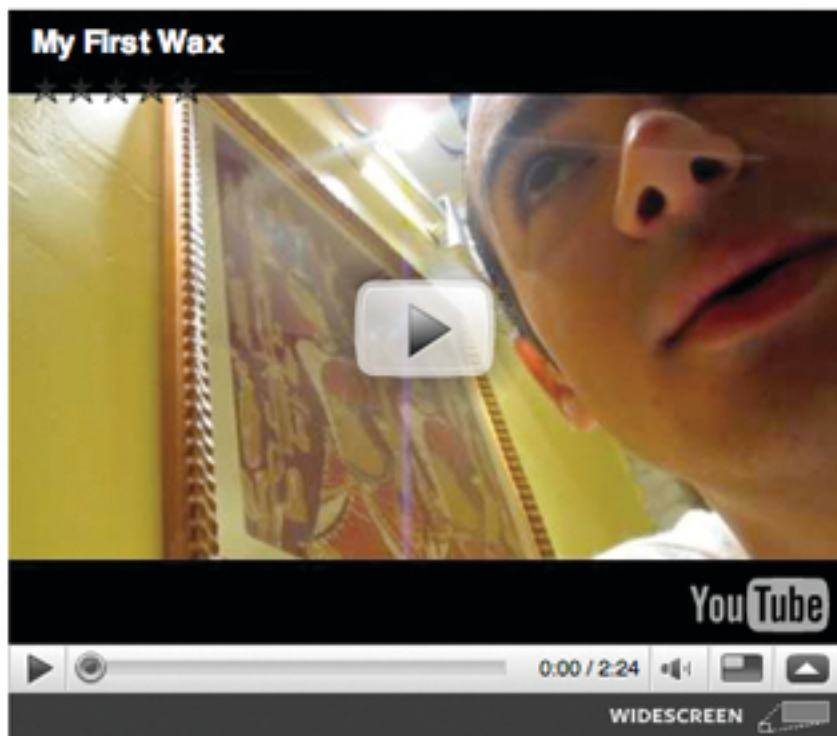
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## My First Wax

2009 SEPTEMBER 18

by AdrienField

tags: Shobha, Waxing



You might remember that post I did a month back about the [Ingrown Hair Relief cream](#) from Shobha that is basically a miracle serum for anyone who shaves. When I was contacted about coming in for a complimentary waxing by spa that manufactures the cream, I decided to throw caution to the wind and go in for my very first wax ever.

Up until this point, I have been a compulsive body shaver. I was told not to shave for two weeks leading up to the waxing and having my leg hair grow out was a pretty uncomfortable process in itself. I have gotten so used to being hairless that having a week's worth of growth is uncomfortable to me. I went in feeling rather brave. "I have a high pain tolerance," I thought. Oh was I wrong.

Because I've been shaving for a while, the root of my hair is thick so basically it hurt like hell each time that wax stripped me of another patch of hirsuteness. But we're getting ahead of ourselves. Because I was having my butt waxed, my mistress of pain initially told me that I had to sit with my legs flayed in the air. I stared at her with a look of incredulousness that must have communicated my thoughts of "OH HELL NO" so she gave in to me laying on my stomach for most of the session until it was time to do the other side of the legs.

I got over the whole "my ass is completely out for a random stranger" thing maybe more quickly than I'd like to admit but I was still in for a world of pain. Looking back on the experience, I can't muster the same physical discomfort that I felt during the process, but watching the video back, I know that I damn well felt it. It wasn't so painful that I wouldn't go back, but I will only know if the pros outweigh the cons in the coming weeks.

For men that do want to be hairless, the verdict is that waxing is definitely the route to go. If you can get over the pain of the first few times, your hair actually does thin out and then you are able to do a treatment called "Sugaring" which is an organic and natural process that is (most importantly) a lot less painful than waxing.

I think that Shobha was probably the best place for the experience. The atmosphere is zen and everyone is very sweet and accommodating. There are three locations in the city but I believe that the SoHo location is the only one that does men's waxing.

**Shobha SoHo**  
594 Broadway  
Suite 403  
212.331.8363

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Feeling très productive: filed Chanel Iman interview for VIBE.com, edited waxing video (a must see: <http://bit.ly/1OA5Ci>) & emailed a storm. 7 hours ago

Ending #NYFW with a soy sauce kale salad, British TV dramas, and the NYMag crossword puzzle. 13 hours ago

Need new kicks? Check out my VIBE.com post on Jhung Euro: <http://bit.ly/3HUYmV> 15 hours ago



### PHOTO EDITORIAL: LADIES WHO LUNCH

