

To Thread, Sugar, Or Wax? That Is The Question

April 23, 2010 12:08 pm



Beauty Counter is breaking for warmer pastures again this weekend, heading to Puerto Rico for a girls' weekend in the guise of a bachelorette party. There will be no inappropriate headwear or unexpected cameos from curiously oiled-down "policemen," but there will be plenty of beach time. Slipping into a bathing suit for the first time this season is inevitable, which prompts a host of questions—to start with, one-piece or two? If the latter, should we opt for high-waisted bottoms, or something a little skimpier and tan line-friendly? The bigger quandary on my traveling companions' minds seems to be how to go about choosing the best depilatory method to ensure silky smooth, hairless skin that's ready for sun exposure. To properly appease them—and those of you who are

heavily struggling with similar issues this time of year—we've consulted Shobha Tummala, founder and CEO of [Shobha](#), where Manhattanites-in-the-know look for all of their threading, sugaring, and waxing needs. Here, Tummala breaks down each method and provides some tips for post-treatment care so redness and irritation don't monopolize your (and everyone else's) attention pool-side.

String Section

"Threading is when a piece of thread acts like a mini-lasso that twists and pulls hairs, lifting them from the skin by the root," Tummala explains of the ancient hair removal art.

Pros:

- 1 It's all-natural and there's minimal contact with the skin, which makes it great for people with sensitive skin and those on skin-thinning medications (like Accutane or Retin-A), as well as those recovering from plastic surgery (you can generally get threaded about three to four weeks after surgery, whereas with waxing you may have to wait about six months).
- 1 Since threading doesn't pull on the skin, there is less trauma, resulting in less redness and irritation after the treatment.
- 1 Threading is able to target individual hairs, allowing it to provide a very precise motion for smaller areas, like brows.
- 1 Threading can remove fine hairs (i.e., peach fuzz) as well as short hairs, so you don't have to wait as long between treatments like you do with waxing.
- 1 Hair is removed from the root, so you are usually hair-free for about one to two weeks before you see any re-growth.
- 1 It's a good bet for all skin and hair types.

Cons:

- 1 The threading technique can be tricky to do on your own.
- 1 Threading, although growing in popularity, can be hard to find in some areas.
- 1 Since threading can only target a single hair or a row of hairs at once, it is not practical for removing hair on larger body parts.

The Pain Factor:

"Threading has a unique sensation as the thread glides over the skin," Tummala says. "In terms of pain, it is comparable to that of tweezing, which is typically very minimal."