

Trendy Thursdays ~ Laser Bikini Musts



Shobha
Exfoliating
Cloth
\$15.00 -
Folica.com

Shobha Rosewater Toner
Mist \$15.00 - Folica.com

ANEW SOLAR
ADVANCE
Sunscreen
Body Lotion
SPF 30 \$24.00
- Avon

A few weeks ago I went to [Beam Laser Spa](#). Now, my avid Kitten readers know that I went to Beam Laser Spa a few years ago for hair removal under my arms. Every so many weeks I had to do treatments and after just a few, I was hair free. I know that others had to go the standard amount of times but I was pleased that I felt comfortable at the location (on the Upper West Side - 1844 Broadway Ste #900 NY, NY) and that they had the kind of laser that worked for my skin and would not cause issues such as lightening my skin! So when I was asked to try this out on my bikini line I knew I had to! We all love wearing our bikinis going to the beach and knowing that not having to worry about this portion of my body - it was a no brainer.

As I prepped for going in, I knew that there could be mild pain. I'm not going to lie, I had a shot of vodka before I went in. I also knew that I would have my Rosewater Toner Mist which works well on my brows after I have had them threaded at [Shobha](#). I had also been told that since they needed to understand my hair growth, you had to be able to show them. Once there, the procedure for this area only took 15 minutes and the stress balls they had was a great way to take my mind off the treatment. Half way through, I knew I couldn't go further with the treatment. I think that the combo of a laser being near skin that was over the bone when you got to the pelvic area as well as the areas that got closer to your sensitive areas made it a bit much for me. I was told that I could come back to have the other half done. It was suggested that I should use Lidocaine (the gel is suggested but I had the cream) but only the kind with 5%. Beam offered to order it as they didn't have it in their offices (costs \$65) but I happened to have some and I love that you can use it for a number of your treatments. Just know that you will have to come a half hour before your treatment so that they can apply it and then you can let it begin to numb your skin.

Before I left, I was told that you have to keep the lasered areas covered as it is sensitive to light and definitely to use SPF (I love the [Anew Avon](#) lotion which has SPF 30 on it). When you do a laser treatment, it's standard that in 2 weeks you'll begin to go through a shedding process and are encouraged to exfoliate over the area to assist the process. I definitely suggest [Shobha's](#) exfoliating cloth. I did this about every other day.

Although you have 6 weeks in between you first and second treatment, since I had to come back to finish the bottom half, I was back in 2 weeks. This time with the Lidocaine, I didn't feel anything. It's more the sensation of knowing that you feel a quick zap and then as soon as you feel it it's gone! I will be back in about a week or so but have to say that the results are amazing and if you're someone who has always thought of using it, definitely consider it!