

How to Win The Battle Against Unwanted Body Hair

85 SHARES



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While none of those methods are considered unsafe, precautions should be taken if you have certain skin conditions.

"If you've been using retinoids, wait at least 10 days before you wax," cautions Dr. Kunin. "Vitamin A creams make the skin more prone to tearing." Also, what about the myth that gals with darker skin can have issues with hyperpigmentation from lasers.

"Lasers have the potential for irritation, which is more prominent on those with darker skin," explains Dr. Kunin. Those with darker skin should consult an expert before using lasers for hair removal to discuss options.

Dr. O'Brien still recommends discussing laser hair removal if you have darker skin. "For women with darker skin types, a laser with a longer wavelength, typically a Nd:Yag 1064 laser, can be used." Discuss how strong the laser will be before they begin, no matter what your skin tone. "With any skin type, the risk of discoloration is a potential side effect with higher energy settings. The overlying skin can get injured."

Also, those with tattoos? Listen up. "Laser hair-removal treatments should not be done over tattooed areas," warns Dr. O'Brien. "The most common side effect is injury to the skin or a laser burn which can lead to discoloration that takes time to resolve." Save your body art, use other methods. **Shobha** Home Sugaring Kit, \$34.25, at Soap.com.



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