



REPORT

FIGHT THE FUZZ

Keep your skin velvety smooth all year round with this head-to-toe hair-removal guide. *By Justin Tan*

KENASSE HAIR REMOVAL PUFF

Stay fuzz-free for weeks with Veet Wax Strips for Dry Skin (\$15.25). It removes coarse strands in one fell swoop and soothes with aloe vera. *Tip:* To avoid after-burn, wait a day or two post-wax to apply deodorant.

Stay fuzz-free for years with Nd:YAG laser. The underarms yield best results with laser treatment – the hairs disappear the fastest and stay away the longest. Eight to 10 sessions are required every four to six weeks, with occasional maintenance sessions thereafter. From \$300 per session at *LinC Aesthetic Clinic*, #21-0112 *List Towers*, tel: 6732-0208.

LEGS/ARMS

Creamed Depilatory creams are most effective on legs and forearms, because they work best on finer hair. It's a messy affair, so apply the cream just before a shower. Wipe cream away against the grain. It keeps skin fuzz-free for up to a week.

Use Sally Hansen Naturally Bare Crème Hair Remover for Body, \$21.50.

Epilated An epilator works like a tweezer on steroids – the handheld device has rotating tweezer plates to uproot hairs when rolled over the skin. While some models are used only on dry skin, newer ones can even be used during your shower.

Use Panasonic Ladies Foam Epilator ES-WD58, \$169; *Mary Kay 2-in-1 Body Wash & Shave*, \$33.

DIY Wax Waxing is one of the best options for hair removal – re-growth becomes slower and finer. Mimic a long-lasting pro wax at home with Bliss Poetic Waxing Microwaveable Waxing Kit (\$79). It grabs hairs as short as 1mm and melts at a lower temperature to reduce post-wax redness. *Tip:* If you wax regularly, wait three to four weeks between waxes and avoid shaving in between.

TIPS

For very little or very fine hair on legs or arms, try *Kenassy Hair Removal Puff (With Collagen)* (\$9.90). The pink side removes hair and exfoliates while the green one smoothers and treats skin with collagen. Use on dry skin.

Prevent ingrown hairs with *Bliss Ingrown Eliminating Pads* (\$63). It contains glycolic acid and salicylic acid to exfoliate, as well as witch hazel, lavender oil and oat extract to heal and soothe. Rub one pad over waxed or shaved area post-shower daily to keep skin smoothed and soothed.

EYEBROWS

Getting the shape right is key. Hold an eyebrow pencil vertically against the side of your nose and mark where it hits the brow – your brow shouldn't extend beyond this line. Tilt the pencil diagonally to touch the outer corner of your eye and mark that spot – it's where your brows should end. Finally, the pencil of your iris.

Wax Strips for Faces & Little Spaces, \$21. **Laser Wipe-out** For a more permanent solution, consider laser. The light energy damages the hair follicle, thereby halting growth in the problem area. While conventional lasers are recommended for dark coarse hairs on fair skin, the *GentleLase Laser* also works on fine hairs and lighter-coloured strands. A numbing cream is applied beforehand. The session lasts several minutes and the sensation is akin to a rubber band snapping against your face. Four to six treatments are required at four-to-eight-week intervals. \$300 per session at *The Sloane Clinic, Citysphere, 30 Raffles Place, #03-01 Chevron House*, tel: 6533-2522.

UNDERARMS

For navigating the uneven, ultra-sensitive terrain of underarms, nothing tops the trusty razor-and-shaving-cream combo. Underarm hair grows in all directions, so it's best to cover your bases – pull skin taut with one hand and run blade upward, downward and side-to-side. Use a hydrating shaving foam or cream for a closer shave.

Use Gillette Venus razor, \$15; *Milk Moisturising Shave Milk*, \$40.

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