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Impair Healthy Healing In People Over The Age Of 30!

How Can Waxing Rid You Of Unsightly Body Hair?

By Nicola Kennedy

Are you using waxing as a hair removal technique? If not, then you should consider it. The process

of waxing is very old and one that has been used in one way or another for thousands of years (dating back to ancient Egypt even) and can work very well for you today. What is it? It is the removal of hair from the root through a process of applying a wax and then quickly removing it. And, yes, waxing does hurt a bit but it is only temporary and can give you hair free results for up to six to eight weeks. All in all, it can be well worth it.

Where To Wax?

Waxing can safely be done throughout the body. Individuals use it for their legs, eyebrows, bikini areas and much larger hairs such as their chest, stomach and back. You can have it done so that you can shave time off of your swimming competition or to help you to just look the way that you enjoy looking.

What Is It?

What's in the wax? The mixture that you will use is a combination of paraffin or beeswax and natural oils. These products are chosen since they work well with the body and stick to the skin. There are two types, cold and hot waxing. Some have supplements in them to help improve the skin's feel and texture.

Hot Waxing: In this method of waxing, a hot but comfortable temperature is used for the wax. It is spread onto the area in the direction of the hair growth. When the wax cools, it is torn off quickly in the opposite direction, pulling the hair out with it. Usually, this gives the best results in waxing.

Cold Waxing: In this method of waxing, the strips of cloth are coated with the wax and then applied to the skin. The strips are rubbed in the direction of the hair growth and then ripped off in the opposite direction.

After you wax your skin, you can use a treatment of a non perfumed moisturizer. This will help to

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restore the feel of the skin by adding Vitamin B and Aloe Vera to it. Whatever you do, you do not want to go swimming, use a spa or hot tub, tan, or apply perfume, deodorant or other chemicals to the area that was just waxed as these can cause infections and pain.

It is important that you carefully look at your skin prior to using any type of waxing. You should not use in areas where there are open sores, infection, moles, warts or other skin irritations. You should never attempt to wax eyelashes, ear hair, nose hair or nipple hair. And, you should make sure that you use the appropriate combination of wax for specific areas such as pubic hair. Make sure to test the temperature of the wax so that you do not get burned too.

Waxing has been around for centuries because it is an effective way to remove hair. There are not normally side effects besides a little bit of pain and redness. And, you can do it at home or in a salon. Waxing is an effective method to remove unwanted hair from virtually every area of your body.

As a beauty consultant Nicola is always evaluating new products. Visit her site at

<http://www.epilator.info>

for resources, views and information about removing

body hair

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Choosing A Hair Removal System

By Susan Green

So many stray hairs, so little time to tweeze all of them! So goes the problem of every John and Jane who are not satisfied with some unsightly hair that grows in certain body parts.

People who get annoyed with their unsightly stray hairs do everything to get rid of them including painful tweezing and waxing and even threading. Others opt for the bleaching remedy to keep these unsightly hairs from being the center of anyone's attention.

A person's "hair-possibilities", meaning the maximum number of hair gland cells you are going to have in your lifetime, is already determined from birth. This is the reason why people who have more or less hair should blame it on genetics.

Except for hairs located in a person's head, lashes or eyebrows, the hair glands actually produced very thin hairs that are barely seen. As a person grows older, usually during and after the adolescent stage,

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he can find more hair growing in his body particularly in the underarm and in the genitals.

While men usually consider having lesser hair a problem, females find the growth of more hair particularly in their underarm, legs and face more problematic. For one, these stray hairs are not only unsightly but they also tend to project females who have them as more masculine. Women who have moustache-like hair on their upper lip sometimes resort to drastic measures to contain the hair growth.

There are various ways to temporarily stop hair growth like tweezing, cutting, threading and waxing. Some people associate new and thicker hair growths due to these processes. However, such belief is not true because hair growth is influenced by hormones and there is no way tweezing can induce more hair growth.

Waxing and threading can be expensive when you have it done in a beauty parlor. It can also be embarrassing for first-timers who have to expose all the stray hairs that have grown in the wrong places. A lot of do-it-yourself products are now available in the market to help vain men and women get rid of their unsightly hairy problems.

These products are easy to find and they can be bought without prescriptions in groceries and pharmacies. People can now choose from a variety of foam, gel, cream or liquid hair removal products. Most are easy to apply except waxing products which require a certain level of experience and skill. For those who have the time and the budget, they can go to dermatologist clinics where they can avail of electrolysis and laser removal treatments.

Before undergoing these hair removal methods, you must make sure that the person who will do the procedure is a certified one and that the clinic has the necessary first aid supplies in case of burning. Hair removal methods are usually safe when performed by doctors but it is better to be cautious since there are people who really end up with burned legs after having their leg hairs removed.

Of course if you do not want to spend more or face the consequences of getting burned, you can still get rid of your unsightly hairs by resorting to the age-old technique of shaving.

The author is a regular contributor to

<http://www.solonghair.com>

where additional information is

available related to various hair removal systems.

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