

The ABCs of Waxing

Hair Removal Made Simple

Chrissy Spehar

The quest for smooth, silky skin can be endless, especially if you're relying on shaving or plucking. Waxing, on the other hand, can save you time and provide results lasting up to four weeks. "I recommend waxing for facial hair and for people with lighter, finer hair," says Cindy Barshop, owner of Completely Bare High-Tech Spa in New York. "People who wax get a smoother, longer lasting effect."

How It Works

In this treatment, warm wax adheres to the hair, cools, and is pulled off in strips. There are two types of wax: hard wax and soft wax. Hard wax is usually better for more delicate areas like the

is then applied in the direction of the hair growth, and the skin is pulled taught. The esthetician then pulls the wax off in the opposite direction, removing the hair follicle by the root and ensuring there are now ingrown hairs.

Waxing reduces hair growth when sessions are performed at regular, thirty-day intervals. While shaving crops the hair level with the skin, waxing pulls it out by the root, so it grows back softer, finer, and thinner. In fact, the more you wax, the less hair grows back. Plucking can have the same results of waxing, in that the hair is removed by the root, but it can be time consuming and less ample in getting all the hairs.



Professional waxing is an accurate, effective, and lasting method for hair removal.

face, underarms, and bikini area, because it is easier on the skin. Soft wax is good for the coarser hair on the legs, arms, back, and chest. Hair generally needs to be at least a quarter of an inch long, except on the face, where it can be shorter. Barshop explains that your skin care professional will ensure the area to be waxed is completely dry so the wax can better attach to the hair follicle. The wax

Because waxing pulls off a couple of layers of skin (along with hair), it can cause tenderness and swelling and should not be performed if you have particularly sensitive skin. In addition, if you're taking Retin-A, Accutane, or any prescription acne medication, skin sensitivity is heightened, and waxing

Continued on page 2

Office Hours and Contact

Beutilash
Donna Bradford
512.200.6943
M-Th 9am-6pm
Sat 10am-3pm

In this Issue

The ABCs of Waxing
Lavender
Yogurt, the Super Food

Continued from page 1

should not be done at this time. If you have any questions or concerns, discuss them with your skin care practitioner and/or dermatologist.

What to Expect

First, it's important to make your appointment with a trained professional to ensure you receive a high quality wax job. Barshop suggests that women schedule waxing appointments in the middle of their menstrual cycles rather than right before or right after their periods, as skin can be more sensitive during this time.

Next, be sure the hair you want waxed is grown out to about a quarter- to a half-inch above the skin. If hairs are left too short, the wax won't be able to adhere to them strongly enough to pull them out. Refrain from taking a shower or bath just prior to the treatment, as soaking the hair will soften it, allowing it to break more easily and making waxing less effective.

Barshop recommends considering the following factors when deciding if waxing is right for you: "Make sure you're not on acne medication or glycolics. If you tend to get red or swell easily, inform your esthetician of your skin sensitivity and ask them to use smaller strips of wax. Afterwards, apply cold compresses to take away the sting. Remember that the coarser the hair, the more it hurts. Also, if the skin is thinner, like on your bikini line, it's going to hurt more." Barshop recommends taking ibuprofen before the appointment if your skin is particularly sensitive.

Once you're wax-ready and at the practitioner's salon, she will take you through the following steps:

- A preconditioning lotion for waxing is first applied to the area to be waxed.
- Warm wax is poured or dabbed onto the skin, and, usually, strips of cloth are pressed into it.
- When the wax dries, the cloth is quickly removed. If cloth isn't used, the wax is pulled away directly.

Discomfort may occur when the wax is pulled off, but relaxing will help alleviate the sensation.

One note: The more you experience waxing, the less it hurts.

Post-Waxing Care

It's important to care for the waxed area properly after treatment to prevent ingrown hairs, breakouts, or other reactions. The following steps will give you the best results:

- Use a pumice stone or exfoliating gloves with a bath gel on the recently waxed skin to help keep the skin clear and less prone to blemishes.
- Avoid using a bar soap, because it leaves a film on the body that could cause ingrown hairs.
- For breakout zones, defined as the face, back, and chest, use a gentler exfoliant and an anti-breakout lotion.
- Steer clear of direct sunlight and

tanning booths directly after waxing, especially while the skin is still red from treatment.

-Apply only gentle moisturizers in the twenty-four hours after treatment.

-Don't use products with harsh chemicals, perfumes, or dyes.

Smooth, soft skin can leave you feeling confident and secure, and the less you have to think about it, the better. Achieving it depends on finding a hair removal technique that works with your skin and hair type.

Waxing offers a lasting, effective answer, and the sessions are relatively short with a minimum amount of discomfort.

Ask your skin care professional if waxing might be right for you. If so, you can look forward to weeks of smooth skin.



Talk to your practitioner to determine if waxing may be the hair removal choice for you.

Lavender

An Essential Oil for Fundamental Health

Laurie Chance Smith

Lavender essential oil is a one-stop medicine chest, helping to reduce anxiety, fatigue, and stress and balance hormones, increase the immune response, lower blood pressure, and relieve pain. To utilize lavender's healing benefits at home, mix five to 10 drops of lavender essential oil in one ounce of jojoba oil or unscented lotion. (Essential oils shouldn't be applied directly to the skin; it's best to partner them with a carrier oil, liquid, or lotion.)

EARACHES

For earaches, dab one drop of lavender massage oil behind the ear and rub gently. Alternatively, place one drop of lavender oil on a cotton ball and carefully place inside the outer ear.

HEADACHES

Inhaling lavender is also effective for headache relief. Add a few drops to a bowl of warm water and breathe. Gently rub lavender massage lotion on the temples, forehead, and base of the neck.

COLDS

Lavender oil can also help break up coughs and clear sinuses. Colorado-based holistic aromatherapist Nicola McGill suggests the regular home-use of antiseptic essential oils such as lavender to help avoid colds and other infectious diseases. Add a few drops to a vaporizer to help clear colds and infuse the home with lavender's scent.

STRESS

At night, six to eight drops of lavender added to a warm bath helps melt away stress and relieve fatigue. Blend a footbath by adding three drops of lavender to a bowl of warm water, sink your feet in, and relax. For help inducing sleep, add two or three drops of lavender essential oil to the underside corner of your pillow.

TRANQUIL AROMA

A human takes 23,040 breaths a day, and each inhale floods the system with scent. Rely on lavender's tranquil aroma to clear the way toward peaceful days.



Lavender is loaded with wellness properties.

Yogurt, the Super Food

Balance Digestion, Improve Immunity, and Prevent Disease

In some form, yogurt has existed since at least 2000 BCE, and many food historians believe it predates recorded history, possibly going back as far as 9000 BCE. Why such staying power? A bit of a wonder food, yogurt improves digestion, which can boost immunity and even help prevent colon cancer. One dairy product even most lactose intolerant people can eat, yogurt is loaded with active bacterial cultures, the key ingredients that make it so healthy.

While we typically think of bacteria as dangerous bugs that cause disease and infection, the body is host to billions of bacteria that live in the intestines and help digest the foods we eat. These good bacteria, or microflora, actually fight off the bad bacteria that cause illness.

Some of these same good bacterial species are used to ferment milk, and it's these cultures that give yogurt its texture and tart flavor. They also process much of the milk sugar, called lactose, during fermentation, which is why yogurt usually doesn't bother people with lactose intolerance.

Eating yogurt helps maintain the microflora in the gut, optimizing digestion and keeping harmful bacteria in check. Ever noticed how a course of antibiotics is often followed by a bout of diarrhea? This is because antibiotics kill off all the bacteria in the gut--the bad stuff and the good--leaving the gastrointestinal tract compromised. Fortunately, yogurt can help counteract this imbalance.

Furthermore, this food is a good source of nutrients, including B vitamins, calcium, magnesium, and phosphorus. Whole milk yogurt also contains conjugated linoleic acid (CLA), an essential fatty acid with cancer fighting properties, especially beneficial in preventing breast and colon cancers. And CLA has been shown to increase fat metabolism, helping the body convert fat to lean muscle.

Maintaining the good bacteria in the gastrointestinal tract is key to healthy digestion, and eating quality yogurt is a great way to do this. Be sure to read the labels and choose varieties that contain live active cultures to ensure you're getting the most from your yogurt.

WEDDING SEASON IS ALMOST HERE!
IF YOU OR SOMEONE YOU KNOW IS GETTING MARRIED THIS YEAR, BE SURE TO HAVE THEM CONTACT US REGARDING EYELASH EXTENSIONS, FACIALS AND WAXING JUST FOR THE BRIDE. WE OFFER SEVERAL PACKAGED OPTIONS AND WE CAN CUSTOMIZE ANY OF THEM FOR YOUR UNIQUE NEEDS. SOME RESTRICTIONS APPLY.

GRAND OPENING SPECIAL
CELEBRATE OUR GRAND OPENING AT OUR NEW LOCATION AT 1611 S. 1ST ST., AUSTIN TX, 78704 THROUGH MAY 2011 WITH AN EYELASH EXTENSION SPECIAL JUST FOR YOU. GET A SET OF NEW EYELASH EXTENSIONS AND GET 2 REFILLS FREE. SOME RESTRICTIONS APPLY.

VISIT WWW.BEAUTILASH.COM FOR ALL THE DETAILS OR CALL US FOR MORE DETAILS AND AN APPOINTMENT AT 512.200.6943.

Beutilash

1611 S. 1st St.
Austin, TX 78704

MEMBER

