

# cessities

## Summer!

### A close shave

For legs, shave against the direction of hair growth, but for the bikini area and underarms, go with the hair growth. Myriam Zaoui, cofounder of The Art of Shaving, also recommends using a brush to lather up. It will exfoliate skin and provide a protective barrier.

1. The Art of Shaving Pre-Shave Oil (\$18, [theartofshaving.com](http://theartofshaving.com))
2. Whisk Pink Crystal Brush (\$95, [whiskbody.com](http://whiskbody.com))
3. Noxzema Bikini Shaver (\$3, drugstores)



### Wax works

"Make sure hair is at least ¼-inch long and start by applying baby powder on clean skin to absorb moisture," says Cindy Barshop, owner of Completely Bare in New York and Palm Beach, Fla. Apply wax in the direction of hair growth.

1. Avon Skin So Soft Removal Microwave Wax Kit (\$15, [avon.com](http://avon.com))
2. Bliss Poetic Waxing Kit (\$40, [blissworld.com](http://blissworld.com))

### Get the red out

After you shave or wax, apply a soothing preparation to reduce potential irritation. To relieve ingrown hairs, apply a treatment cream at night to unclog pores, soften skin and release the trapped hair.

1. Peter Thomas Roth After Shave Tonic (\$20, [peterthomasroth.com](http://peterthomasroth.com))
2. Arcona Tabula Rasa (\$22, [arcona.com](http://arcona.com))

## The lowdown on laser hair removal

**>> What is it?** "A laser is an intense single wavelength of light that transfers its energy to a target. In this case the target is the melanin in the hair root," says Dr. Yael Halaas, NYC facial plastic and laser surgeon. The energy reaches the hair follicle and stops hair growth.

**>> Where can I get it done?** Darker or tanned skin requires specific lasers. "Choose a skilled physician who can offer a variety of lasers depending on the skin type of the patient," says Dr. Halaas.

**>> How many treatments are needed?** Four to six sessions for consecutive months.

**>> How long does it last?** Results should be permanent.

**>> Cost:** Approximately \$300 per session.

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