

## **WAXING WISE**

### ***Advice for a Smooth Summer***

Films like “The 40-Year-Old Virgin” and Mel Gibson’s hilarious turn with a home waxing kit in “What Women Want” showcased men getting in touch with their hairless side. Be it legs, arms back or bikini line, waxing is one of the best body hair removal tools available to women and men. But wise waxers know there are some secrets to scoring smooth skin. The experts at Mario Tricoci Hair Salons & Day Spas aim to set the record straight regarding your most pressing waxing questions.

**Why waxing works:** When hair is waxed, it is pulled from the root so it takes longer for it to grow back than typical shaving, which leaves a blunt hair shaft. Regular waxers typically find that their hair grows thinner and softer over time where shaving often creates stronger, healthier hair that needs more maintenance.

**Home and alone:** While home waxing kits are available, the best results are achieved at the hands of a professional who is trained and has the tools to get it right the first time with as little trauma to the skin as possible.

**Take caution:** Sun exposure, hot tubs and tight clothing are no-nos for a day or two after a body wax treatment. All can increase the risk for ingrown hairs, ouch!

**Exfoliation is your friend:** Speaking of ingrown hairs, thwart them with exfoliating before and after your treatment to keep follicles healthy and avoid build up. Go against the direction of the hair grown with a loofah or scrub two to three times each week.

**Take two of these:** Yes, waxing can be a little painful, so take an aspirin or antacid 30 minutes before your body wax treatment to reduce pain and swelling.

**Full disclosure:** Let your esthetician know if you use topical exfoliators, acne medications or prescription creams such as Accutane, Retin-A or Renova. Fragile, sensitive skin and waxing typically don’t mix.

**Datebook details:** For best results, plan to visit the spa every three to four weeks, or as soon as there is a quarter-inch of hair growth.

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Mario Tricoci sources:

- Elaine Sauer, Corporate Spa Director

*For more information on this topic or to get in touch with a Mario Tricoci expert, contact Kate Cox at [kcox@cushmanamberg.com](mailto:kcox@cushmanamberg.com) or 312-263-2500.*