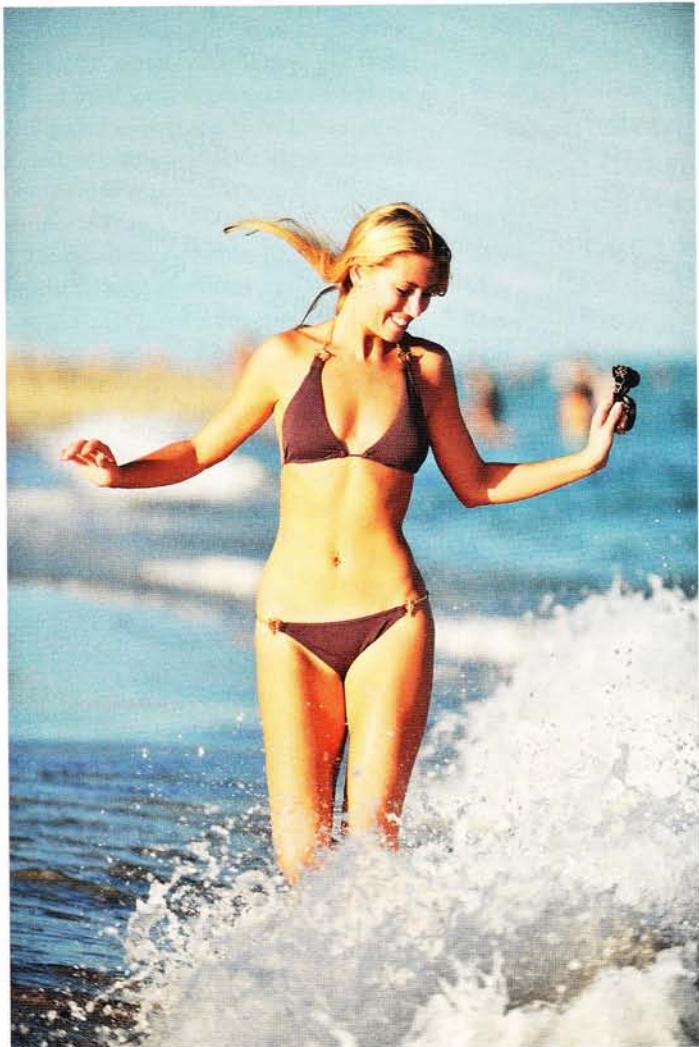


HAIR TODAY, GONE TOMORROW

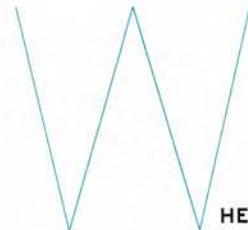


READY FOR BATHING SUIT SEASON?
HERE ARE THE BEST HAIR-REMOVAL
SOLUTIONS – FROM HEAD TO TOE.

by Stephanie Cajigal



WATCH dermatologist Naheed R. Abbasi of Summit Medical Group demonstrate laser hair removal on njlh.com.



WHEN IT COMES TO FACIAL AND BODY hair, most of us want the same thing: as little as possible, please. However, the best way to get fuzz-free isn't always so obvious. No one single process works best for every woman, experts say. Time, money, hair type, and pain tolerance all factor into which method – or combination of methods – you ultimately choose. Use this primer to help you obtain super-smooth skin you'll want to show off all summer.

SHAVING

- **THE BASICS:** By pressing a razor against your skin, you'll cut the hair and make your skin appear smooth. Nancy Dugan, an esthetician with The Plastic Surgery Group in Montclair, recommends shaving toward the beginning of your shower rather than the end, thereby denying the skin time to absorb water and swell, which impedes a close shave.

- **INSIDER TIP:** For your legs, it's best to shave against the direction of hair growth. The opposite applies to the bikini line, Dugan says. "That hair is much coarser than on the legs, so by shaving upwards you'll cause ingrown hairs, irritation, and shaving bumps," she explains. Armpits, where hair can grow in four different directions, are also tricky; apply a shaving cream and shave downward.

- **TOOLS OF THE TRADE:** Melissa Astone, an esthetician with the West Orange-based Dermatology Group, recommends shaving with a skin oil, such as Neutrogena Body Oil, which will help soften the skin and hair. She is also partial to Gillette's four-blade Venus razors, which contain a moisture-rich strip that coats the skin.

- **BEST FOR:** Legs and underarms, since those areas require constant maintenance.

- **CONSIDERATION:** Hair can grow back in as little as a day.

PROFESSIONAL WAXING

- **THE BASICS:** The traditional process involves spreading a thin layer of cold or heated wax over the skin. An esthetician then places cloth or a paper strip over the wax, and then rips it off against the direction of hair growth. The process removes the hair and, sometimes, a very thin layer of skin.

You're probably thinking "ouch," right? To make the process less painful, John Ford, D.C., at European Wax Center (several N.J. locations) uses a process that includes exfoliating the area that will be waxed and then applying a thin layer of oil before applying wax. The oil offers a slight barrier so that the wax adheres to only the hair, thereby protecting the top layer of skin from being removed.

• **INSIDER TIP:** Before scheduling a waxing appointment, Nawal Nasr, a licensed cosmetologist at Beyond Day Spa at Hackensack University Medical Center, suggests verifying that the esthetician doesn't double-dip the spatula into the pot containing the waxing product. "If you go into a place and see them returning the spatula to the pot, stop right there," Nasr says.

"They're taking bacteria from one client to another. That's how you get infections."

• **BEST FOR:** Pretty much any part of the body.

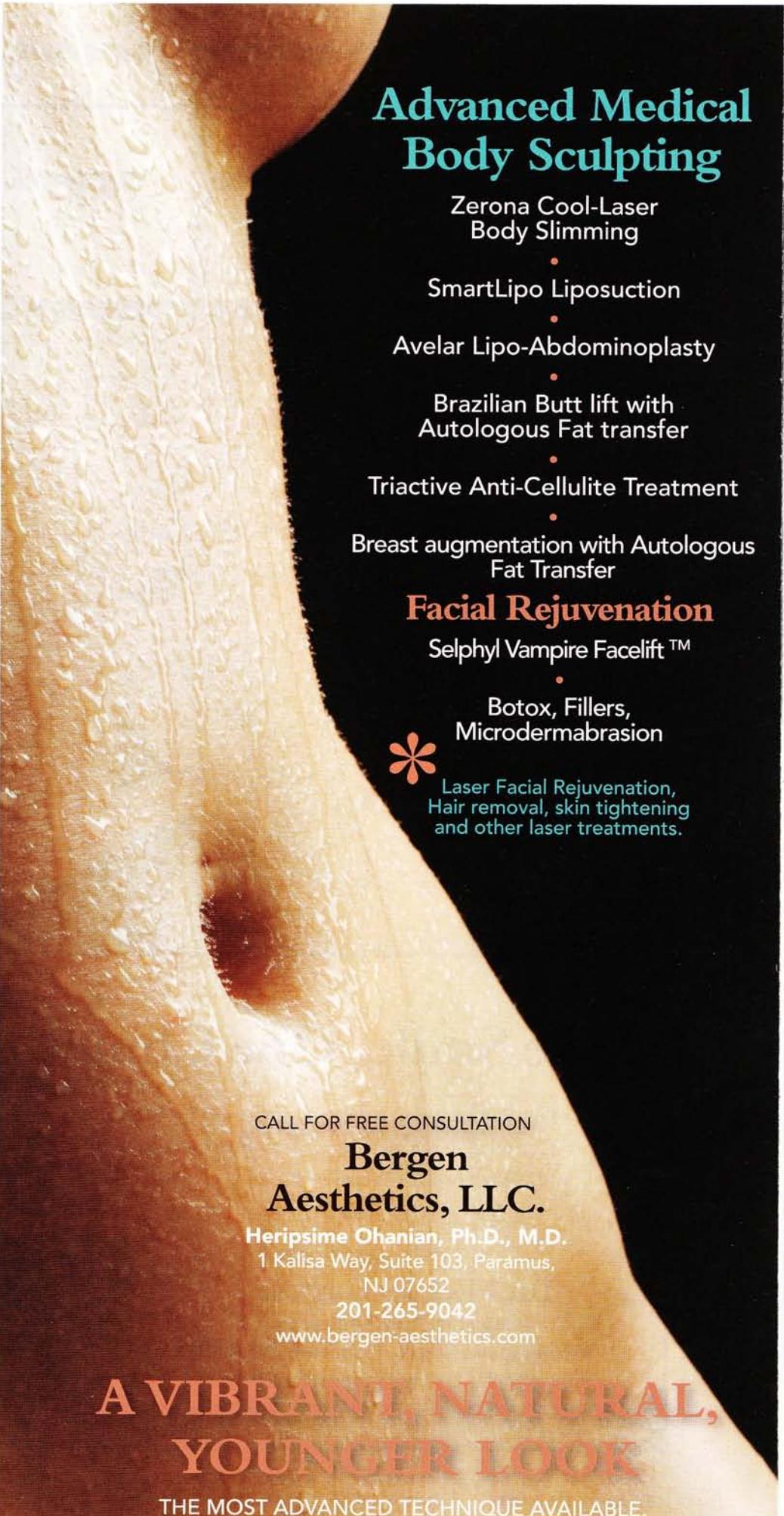
• **CONSIDERATION:** You'll need follow-up treatments every two to three weeks.

LASER

• **THE BASICS:** Wouldn't it be great if you never had to shave again? David J. Goldberg, M.D., director of Skin Laser & Surgery Specialists of New York & New Jersey, and chief of dermatology at Hackensack University Medical Center, says it's possible with several sessions of laser hair removal.

Lasers work by emitting high-energy wavelengths of light that target the pigment in the hair shaft, explains Naheed R. Abbasi, M.D., who specializes in cosmetic and laser dermatology at Summit Medical Group in Berkeley Heights. The heat generated by the laser, she says, causes the follicle to become inflamed and destroys its ability to grow hair. Heripsime Ohanian, M.D., of Bergen Aesthetics in Paramus, says you should expect to invest a year in the laser treatments.

• **BEST FOR:** Goldberg says lasers are a good option for forearms and legs because they can hit large areas of the body at once. Also, since laser hair removal is virtually pain-free, it's also a good option for sensitive areas like the underarms and bikini line.



Advanced Medical Body Sculpting

- Zerona Cool-Laser Body Slimming
- SmartLipo Liposuction
- Avelar Lipo-Abdominoplasty
- Brazilian Butt lift with Autologous Fat transfer
- Triactive Anti-Cellulite Treatment
- Breast augmentation with Autologous Fat Transfer

Facial Rejuvenation

- Selphyl Vampire Facelift™
- Botox, Fillers, Microdermabrasion

 Laser Facial Rejuvenation, Hair removal, skin tightening and other laser treatments.

CALL FOR FREE CONSULTATION

Bergen Aesthetics, LLC.

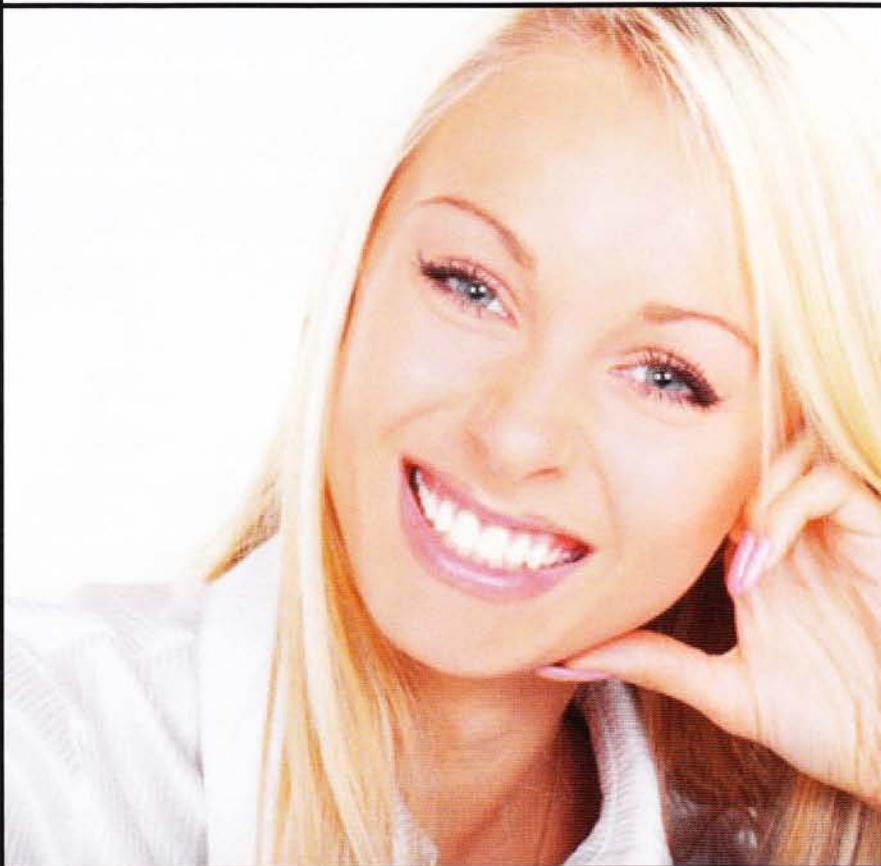
Heripsime Ohanian, Ph.D., M.D.
1 Kalisa Way, Suite 103, Paramus,
NJ 07652
201-265-9042
www.bergen-aesthetics.com

A VIBRANT, NATURAL, YOUNGER LOOK

THE MOST ADVANCED TECHNIQUE AVAILABLE.



PRINCETON
PROSTHODONTICS



One Smile, One Choice

- Get a lifelong plan to keep all your teeth healthy for life
- Consults for the New Jersey State Board of Dentistry
- NJ State Specialty License #3272

Dr. Michael Cortese

Princeton Prosthodontics

311 Witherspoon Street, Princeton, NJ, 08542

609-683-8282 • www.drcortese.com



Unlike the oral surgeon who specializes in surgery and the orthodontist who specializes in straightening teeth, prosthodontists are the only specialists of the whole mouth.

• **INSIDER TIP:** Make sure a physician performs your laser hair removal. In New Jersey, only medical doctors can legally perform laser hair removal. "Unless you have the right machine and the right expertise, it's easy to burn someone," Goldberg says. He adds that it's important to verify that the office performing the laser hair removal has more than one machine to distinguish between lighter and darker skin types.

• **CONSIDERATION:** At an average cost of \$75 to \$150 a treatment, laser hair removal isn't cheap. But those who perform the procedure say it will save you money over time because you'll never have to pay for waxes or razors again.

ELECTROLYSIS

• **THE BASICS:** Remember electrolysis, the popular hair removal method of the 1980s? It's still around, and it is the only permanent hair removal option other than laser. Susan Rosenberg, a licensed electrologist based in Somerset, says the procedure includes the insertion of a needle-like probe through the hair follicle all the way down to the dermal papilla, an area that houses nerves and the blood vessels that feed the growing hair. The probe then emits an electrical current that kills the papilla and any regenerative cells surrounding the hair follicle.

• **BEST FOR:** Any part of the body except for the inner ear and nose, Rosenberg says. Electrolysis works better than other methods with dark, coarse hairs because they are easier to find than fine, light-colored hairs.

• **INSIDER TIP:** Don't wax or tweeze between sessions. This can cause hairs to grow into the follicle rather than straight out of the follicle, making them harder to find, Rosenberg says.

• **CONSIDERATION:** The time commitment can vary extensively from person to person. In general, expect to commit to weekly appointments for up to six months in order to completely remove hair in the treated area. Costs vary, but expect to spend about \$10 per 5-minute interval, with price breaks for longer sessions. *