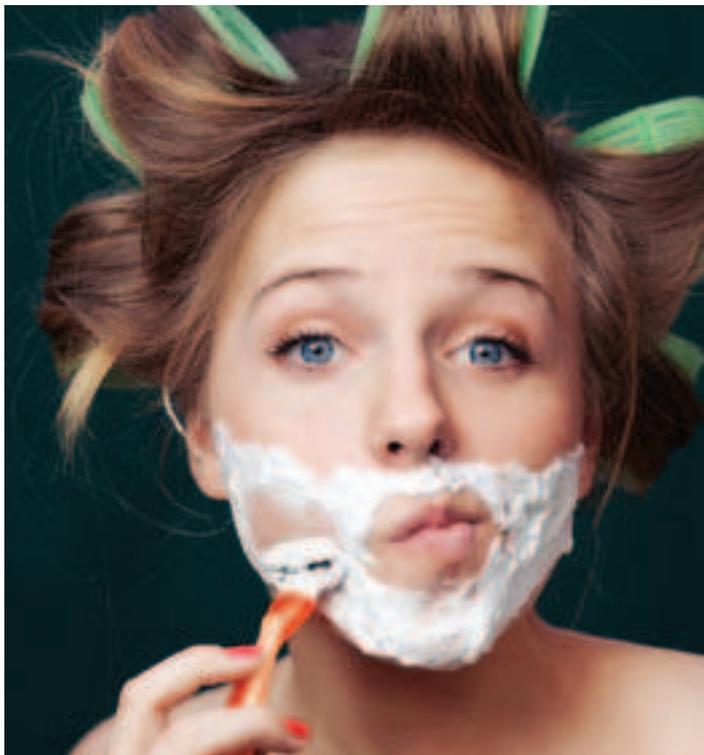


Hairy Moments



Hair often seems to be playing a bad joke on us. We don't have it where we want it, yet it thrives where we don't want it: on the face, in the nose, on the shoulders, back, abdomen and intimate areas. Unwanted hair can cause embarrassment and seriously affect self-confidence. But, there are so many ways to effectively remove unwanted hair.

Face: For women, facial hair can range from out of control eyebrows and random lip hairs, to excessive hair across the entire face including the nose, cheeks, lip and chin. Hormones, medication and genetics all play a role in facial hair growth. For men: the back, brows, nose and cheek areas can be cause for concern. But there is a solution for each and every one.

Waxing: At Serenity Clinic we use Lycon hot wax, which can remove hairs – without pain – as short as 1mm in length. This makes it perfect for precision waxing on terminal (thick) hairs on the face, particularly in the brow, lip and chin area. One other area that is often overlooked, but where Lycon wax really shines is nose hair. Before your eyes begin to water at the thought of waxing nasal hair (we've all tried plucking it and know how much it hurts), apart from its efficacy, Lycon hot waxes don't use strips, so there is no 'ripping off' or the pain that's involved in doing this! Take a look for yourself at www.youtube.com/watch?v=uOSB7ioec5s

Dermaplaning: This is both a skincare and hair removal treatment and is very effective for fine vellus hair on the face, forehead, chin, nose, neck and cheeks (for both men and women). It may sound scary, but it is safe (if carried out by a qualified aesthetician) and effective. A scalpel is used to remove dead cells, creating an instant improvement in skin texture and tone, increased absorption of skincare products and importantly the removal of fine facial hair. It also improves the appearance of wrinkles, scarring and dark spots by increasing cellular turnover.

More permanent treatments: If you have more than a few rogue facial hairs, then please talk to a hair removal expert. There really is no need to put up with it and there is a plethora of options: ultrasound, electrolysis (still the only method that can legally claim



to be 'permanent'), alkaline face wash, IPL and laser are all highly effective, depending on your needs and skin type and whether it is terminal (thick) or vellus (fuzzy, fine) hair.

Body: Let's face it, from puberty onwards most body hair is unwanted. But, there's a difference between unwanted hair and excessive hair. Unwanted hair tends to be in three main areas – the armpits, the legs and intimate areas; excessive hair tends to be on other body parts where not everyone has hair, e.g. the abdomen, chest, back, arms, etc. Let's deal with 'unwanted' hair first.

At this time of the year, waking up to a sunny day you grab a pair of shorts, a skirt, a T-shirt or even just swap from opaque tights to 10 denier, only to realise your legs or armpits are more gorilla than glamorous. Your instinct is to grab for a razor, however, this not only takes up valuable time (during which the sun might disappear again), but I'm sure we'll all agree that shaving is a thankless, endless task. Furthermore, it makes your hair grow back more quickly and become even coarser. Waxing lasts from weeks to months and as hair grows back, it is finer and less obvious. It's an inexpensive way to save time and hassle so you can get on with enjoying life.

Some people are put off waxing as they think it's painful (especially in more intimate areas). But with products such as the groundbreaking Lycon stripless hot wax, the wax shrink-wraps around the hair not the skin so there's no need to fear. Lycon comes into its own in intimate waxing as there is no painful 'strip to rip' and it's effective on hairs as short as 1mm in length. So, whether you opt for a British, a Brazilian or go full Hollywood, you can be swimwear-ready without painful strip waxing or a shaving rash ever again! Embarrassed to have it done? Please don't be. Trust me, in a professional clinic your modesty and dignity will always be respected and maintained.

For excessive hair, just like the face, more permanent solutions are abundant. IPL, laser and electrolysis produce really effective results on the arms, legs, abdomen, back, etc. Talk to an expert and please don't be embarrassed.

Happy spring!

Tracey xx



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