



FAST FACT:

Intense Pulse Light and Laser treatments are not legally allowed to claim permanent hair removal.

painful and most people can only endure treatments lasting about 15-20 minutes in duration.

On the up side though, Electrolysis can easily treat blonde and red hair, where Intense Pulse Light and Laser systems often have trouble.

Cost: Treatments cost between one and five dollars per minute.

Duration: Because the treatment is so tedious, years of fortnightly treatment is often required.

Tip: Be sure to choose an operator that will use the right current, otherwise your skin may be left burnt and scarred. It is also common to have scabbing and erythema for hours following a treatment, however Cowle says this is transient and lotions can minimise the effects.

WAXING

Now this is something that we've all heard of! This is much cheaper and more common than the above treatments. According to Claire Francoise of Claire Francoise Hair and Beauty Studio, the process of waxing involves applying warm wax to the skin and removing it, either by a material strip, or simply ripping it off (depending on the area of skin being waxed).

Waxing removes hair from the root and over time the actual hair becomes thinner, less visible and softer. After some time, one should need to wax less frequently.

According to Francoise, it may take some time before the hair actually thins out, and previous activities such as shaving and the use of hair removal creams may affect the speed of the process. Generally, one will need to wax every 4-6 weeks.

Never tried it? Most people describe the sensation as being flicked with a rubber band. However, the sensation is supposed to fade quickly (until they rip the next strip of wax off!)

The great thing about waxing is (if you're game enough) you can do it yourself. Nair have just released a new line of do-it-yourself, salon-style waxes for the home.

Cost: Nair's do-it-yourself range varies from \$13.99 to about \$20.00. If you decide to get it professionally done it really depends on where you go and what you're getting done. The average leg wax can range from \$30 – 60.

Duration: The average leg wax takes about 30-40 minutes.

Tip: Because waxing is so uncomfortable, it's recommended that you get it done about a week after your

period finishes. Women are at their most comfortable at this stage.

HAIR REMOVAL CREAMS

Hair removal creams are exactly that, creams that you apply which miraculously remove the hair from your skin. According to hairfacts.com, hair removal creams contain a chemical that dissolves the hair at the skin's surface.

This is something that is mostly done at home. Hair removal creams are considered quite popular because they are available just about anywhere and unlike waxing, are generally painless.

Because the cream only dissolves the hair at skin level, the effect only lasts for a short while. Depending on your hair type this may be a few days or might only be a few hours. Hairfacts.com states that people with dark hair may have a shadow of hair under the skin and may need to be repeated every 2-3 days.

Skin irritations may occur so always test the product on a small surface area first.

Cost: Anywhere from \$1.00 to about \$15.00.

Duration: Depending on the product about 3-6 minutes per surface application.

Tip: Always use rubber gloves! *