

The ABCs of Waxing

Hair Removal Made Simple

Chrissy Spehar

The quest for smooth, silky skin can be endless, especially if you're relying on shaving or plucking. Waxing, on the other hand, can save you time and provide results lasting up to four weeks. "I recommend waxing for facial hair and for people with lighter, finer hair," says Cindy Barshop, owner of Completely Bare High-Tech Spa in New York. "People who wax get a smoother, longer lasting effect."

How It Works

In this treatment, warm wax adheres to the hair, cools, and is pulled off in strips. There are two types of wax: hard wax and soft wax. Hard wax is usually better for more delicate areas like the

is then applied in the direction of the hair growth, and the skin is pulled taught. The esthetician then pulls the wax off in the opposite direction, removing the hair follicle by the root and ensuring there are now ingrown hairs.

Waxing reduces hair growth when sessions are performed at regular, thirty-day intervals. While shaving crops the hair level with the skin, waxing pulls it out by the root, so it grows back softer, finer, and thinner. In fact, the more you wax, the less hair grows back. Plucking can have the same results of waxing, in that the hair is removed by the root, but it can be time consuming and less ample in getting all the hairs.



Professional waxing is an accurate, effective, and lasting method for hair removal.

face, underarms, and bikini area, because it is easier on the skin. Soft wax is good for the coarser hair on the legs, arms, back, and chest. Hair generally needs to be at least a quarter of an inch long, except on the face, where it can be shorter. Barshop explains that your skin care professional will ensure the area to be waxed is completely dry so the wax can better attach to the hair follicle. The wax

Because waxing pulls off a couple of layers of skin (along with hair), it can cause tenderness and swelling and should not be performed if you have particularly sensitive skin. In addition, if you're taking Retin-A, Accutane, or any prescription acne medication, skin sensitivity is heightened, and waxing

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In every man's heart there is a secret nerve that answers to the vibrations of Beauty.

-Christopher Morley

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should not be done at this time. If you have any questions or concerns, discuss them with your skin care practitioner and/or dermatologist.

What to Expect

First, it's important to make your appointment with a trained professional to ensure you receive a high quality wax job. Barshop suggests that women schedule waxing appointments in the middle of their menstrual cycles rather than right before or right after their periods, as skin can be more sensitive during this time.

Next, be sure the hair you want waxed is grown out to about a quarter- to a half-inch above the skin. If hairs are left too short, the wax won't be able to adhere to them strongly enough to pull them out. Refrain from taking a shower or bath just prior to the treatment, as soaking the hair will soften it, allowing it to break more easily and making waxing less effective.

Barshop recommends considering the following factors when deciding if waxing is right for you: "Make sure you're not on acne medication or glycolics. If you tend to get red or swell easily, inform your esthetician of your skin sensitivity and ask them to use smaller strips of wax. Afterwards, apply cold compresses to take away the sting. Remember that the coarser the hair, the more it hurts. Also, if the skin is thinner, like on your bikini line, it's going to hurt more." Barshop recommends taking ibuprofen before the appointment if your skin is particularly sensitive.

Once you're wax-ready and at the practitioner's salon, she will take you through the following steps:

- A preconditioning lotion for waxing is first applied to the area to be waxed.
- Warm wax is poured or dabbed onto the skin, and, usually, strips of cloth are pressed into it.
- When the wax dries, the cloth is quickly removed. If cloth isn't used, the wax is pulled away directly.

Discomfort may occur when the wax is pulled off, but relaxing will help alleviate the sensation.

One note: The more you experience waxing, the less it hurts.

Post-Waxing Care

It's important to care for the waxed area properly after treatment to prevent ingrown hairs, breakouts, or other reactions. The following steps will give you the best results:

- Use a pumice stone or exfoliating gloves with a bath gel on the recently waxed skin to help keep the skin clear and less prone to blemishes.
- Avoid using a bar soap, because it leaves a film on the body that could cause ingrown hairs.
- For breakout zones, defined as the face, back, and chest, use a gentler exfoliant and an anti-breakout lotion.
- Stear clear of direct sunlight and

tanning booths directly after waxing, especially while the skin is still red from treatment.

-Apply only gentle moisturizers in the twenty-four hours after treatment.

-Don't use products with harsh chemicals, perfumes, or dyes.

Smooth, soft skin can leave you feeling confident and secure, and the less you have to think about it, the better. Achieving it depends on finding a hair removal technique that works with your skin and hair type.

Waxing offers a lasting, effective answer, and the sessions are relatively short with a minimum amount of discomfort.

Ask your skin care professional if waxing might be right for you. If so, you can look forward to weeks of smooth skin.



Talk to your practitioner to determine if waxing may be the hair removal choice for you.

Why Buy Organic?

Is the Higher Price Worth It?

While shopping in your grocery store's produce section, you may notice the organically grown apples are pocked and not as big and perfectly round as the conventional produce, but they are more expensive. What's the difference, and which do you choose? Your decision may significantly impact not only your health but the health of the planet and the economy.

DEFINING "ORGANIC"

Organic foods are derived from sustainable farming practices that maintain and replenish soil fertility without the use of toxic pesticides and fertilizers. These foods are minimally processed and do not include artificial ingredients or preservatives. On the other hand, conventional farms often rely heavily on pesticides, genetic modification, synthetic hormones, and antibiotics.

DOES IT REALLY MATTER?

To understand the fallout of conventional farming is to realize the argument for organics. Bob Scowcroft,

executive director of the Organic Farming Research Foundation, touches on the devastating consequences of pesticides. "DDT nearly eliminated the American eagle by affecting their ability to reproduce" he says. "Since World War II, we've introduced more than 9,000 chemicals into the environment. And we don't know the full impact on humans and different sized humans," he adds, alluding to studies revealing damaging effects on children.

When you buy organically certified foods, you're ensured they are free of pesticides, hormones, antibiotics, and genetic DNA modification.

"Organics are better for the environment, and it's an investment in the revitalization of rural America," Scowcroft says. Organic farms are usually smaller, family-owned farms contributing to the economy of struggling rural America, he explains. The organic choice may be a little more expensive, but it's an investment in your health and the future.



Organic foods are free of pesticide residue.

Long Live Cells with Vitamin E

Antiaging Inside and Out

A good skin care regimen is comprised of an antioxidant-rich diet and vitamin/mineral supplementation that includes vitamin E -- an essential key to a healthy complexion. Vitamin E is unique in that it's not one vitamin, but a family of eight fat-soluble antioxidants, including four types of tocopherols and four types of tocotrienols -- alpha, beta, gamma, and delta. Alpha-tocopherol is the most common and most potent form of vitamin E.

This important nutrient works to prevent aging by prolonging the useful life of cells in the body. By protecting and strengthening the cell membrane, vitamin E wards off free radical attacks caused by sun exposure and also helps combat disease. This protection is

further intensified when combined with vitamin C. Vitamin E also helps in the formation of red blood cells, protecting them from destructive toxins and cell damage, which also helps prevent skin cancer.

Vitamin E-rich foods include wheat germ; almonds, peanuts, and walnuts; safflower, corn, and soybean oils; and green leafy vegetables. For supplementation, the recommended daily intake of vitamin E is 400 IU. Be aware that high doses of vitamin E (1,200 IU daily or more) can be toxic and cause oxidative damage.

It is imperative that when taking the supplement orally, it is in the natural form, designated with a "d," and not

synthetic, designated as "dl." Mixed tocopherols--meaning a combination of alpha, beta, gamma, and delta--are easily absorbed and a good choice, especially in skin care products.

Topical creams and oils containing vitamin E promote healing, protect cells from free-radical damage, and reduce itchiness--very helpful in treating conditions such as sunburn and eczema.

In addition to contributing to healthy skin, vitamin E has many other beneficial properties, including slowing the progression of Alzheimer's disease, decreasing oxidative stress associated with asthma, alleviating arthritic conditions, decreasing PMS symptoms, and reducing the risk of heart disease.

*Character
contributes to
Beauty, It
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youth fades.*

-Jacqueline Bisset

Ear Candling (Reap The Benefits.)

Nadiya Soto

... is a good example of how an almost forgotten simple and all natural therapy, is now being used effectively to solve many problems associated with the ear and sinuses. Ear Candling is a technique that dates back as far as Biblical times, when hollow reeds from swamp areas were utilized as candles. It has been passed down for many generations by the North and South American natives, as well as the Egyptian, African, Oriental and European cultures.

How does Ear Candling Work? The burning candle acts like a chimney and draws from the ear. The drawing effect, plus the warmth of the candle relaxes the body, the wax starts to move again, the circulation returns to the whole head area. In the outer ear, we have reflex or pressure points. Candling can help with ear and sinus irritation due to allergies and ringing in the ears.

Ear Candles may be beneficial to you: Ringing in the ears, buzzing caused by the presence of fluid, stress and irritability brought on by loud noises, excessive itching of the ears.

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