

Beauty With Shahnaz: Hair Removal

By: Shahnaz Husain

In this issue I would like to share my thoughts on hair removal methods with you.

There are many ways of removing facial hair. The method should be chosen according to the quantity or thickness of hair growth, its location and rate of growth.

Information regarding the advantages and disadvantages of the various methods is essential. Since excessive growth of facial hair is usually a hormonal problem, it is also a good idea to consult an endocrinologist about it. An endocrinologist is a doctor who specializes in hormones.

Please send your questions and comments to beauty@citymasala.com

TEMPORARY METHODS

Plucking

This method involves the use of tweezers and removes hair from its follicles. Re-growth is not so quick and it is also suitable for stray hairs on the chin, between and under the brows. It should not be used for hair on upper lip. The area being treated should be first wiped with cotton wool which has been soaked in a mild antiseptic solution. One should also take care not to pluck out hair from a mole before consulting a doctor.

Threading

This is the most common method of removing facial hair. The disadvantage is that the effect is temporary and the procedure has to be repeated periodically. It is useful for areas like the upper lip and the eyebrows. In fact, threading is done to shape the eyebrows. Frequent threading can cause skin irritations. On sensitive skin, there can be redness or a rash. Avoid threading on areas with eruptions, like pimples or acne. Zinc ointment can be applied to soothe the skin. Ice can also be applied.

Waxing

This can also be used for facial hair. Many beauty salons offer *katori* waxing



for facial hair. Cold wax would be safer for the face. However, large areas of the face should not be waxed. It would be

MOST COMMON AREAS FOR UNWANTED HAIR



good for smaller areas like the chin, upper lip or sideburns. Sometimes, waxing the face can cause a rash or pimples.

Soothing creams should be used after waxing the face.

For excessive facial hair, many women use a combination of methods, like threading the chin and upper lip and bleaching the rest of the face. Or, threading the chin and upper lip and waxing sideburns.

PERMANENT METHODS

Electrolysis

Although this is a permanent method of hair removal, re-growth may occur. In electrolysis, the diathermy method is most common. It involves the use of fine needles, through which an electric current is passed. When introduced into the hair follicle, it cauterizes the hair root and destroys the papilla. This checks re-growth. It is an expensive procedure and takes time, as an interval of two weeks should be allowed between sessions. It is extremely important to make enquiries about the electrolysis, as scarring may occur in the hands of an unskilled operator. One should also ensure that sterile disposable needles are used. Re-growth has been known to occur.

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Perma tweeze

In this method, a pair of electrically operated tweezers are used to pluck out the hair. The advantage is that it does not involve the use of needles. Perma tweeze also requires several sittings, depending on the extent of hair growth and the texture.

Laser

This is the latest method of permanent removal of facial hair. The world LASER stands for Light Amplification by Stimulated Emission of Radiation. Laser produces an intense beam of light which is absorbed by the hair follicles. The laser disables the hair follicle's ability to produce hair. Cooling devices are used to prevent damage to the rest of the skin.

The advantage of laser over Electrolysis is that the laser light can scan broader areas. Therefore, fewer sessions are required. It is an expensive procedure. Re-growth occurs in some cases, but is slower and scantier.

It is very important to find a good laser clinic. The temporary known side effects are redness, swelling and itching. The main risk in laser treatment is the possibility of skin burns. So, before choosing the clinic, it is essential to find out its reputation by making enquiries and talking to people who have been through the treatment.

HOME REMEDIES

For very fine downy hair, scrubs and exfoliation can help. This would discourage hair growth over a period of time, if used regularly.

- Make a thick paste of sugar, lemon juice and water and apply it in the direction of hair growth. Wash off when it dries. Apply once or twice a week.
- Apply a paste of turmeric powder and milk and rub this on the skin with a circular motion. It is said to discourage facial hair, but it may leave a yellowish tinge on the skin.
- Blend one egg white with 1 tbsp of sugar and 1/2 tsp of corn flour until it becomes a sticky paste. Apply the mixture to your face. When it dries gently peel it off. Repeat this 3-4 times a week.
- Many infants are born with facial and body hair. For infants, a stiff dough can be made with flour (*maida*), like the dough made for *chapattis*. The dough itself should be rubbed on the face and body gently. It is said to discourage hair growth.
- Mix *besan* and yogurt and add a pinch of turmeric. Apply the mixture and wash off when dry. For dry skin, it may be used once a week. For oily skin, this can be used two or three times a week.

- 3 tsp powdered barley can be mixed with one tsp cold milk and 2 to 3 tsp lemon juice. Apply and leave on for 20 minutes and then rinse off with water. Do this two to three times a week. It is said to discourage hair growth over a period of time.
- Shapeel (Honey-Apricot Peel-off Mask) : We have formulated Shapeel, which is a peel-off pack. It contains apricot and honey. It should be applied on the face and when it is dry, it should be peeled off. This helps to discourage and remove fine facial hair.



Repair Your Skin from Sun Damage

We live in one of the country's hottest States and are the envy of those up north during harsh cold winters. The summer time, however, can play havoc with our skin and no matter how many precautions we take, there can still be damage to our skin that will require that extra little bit of attention.

The relentless and ruthless sun of summer can damage your skin in various harmful ways. It can make you appear quite tanned and dark and in some cases, you can even get sun burned. Here are some tips to help you repair your skin.

- ◆ Apply a solution made of 4 tsp of sandalwood oil mixed with two tsp of almond oil along with 5 tsp of coconut oil on the area that is damaged.
- ◆ Massage the affected area with sandalwood cream.
- ◆ Try applying a paste of *multani mitti*, also known as fuller's earth, along with sandalwood powder for treating suntan.
- ◆ Make a paste of barley, turmeric and yogurt (equal quantities of all) and apply it on the sunburnt area.
- ◆ Cold Aloe -Vera gel, apple cider vinegar and plantain also help greatly in healing sunburn.
- ◆ Make sure you avoid applying lotions that contain topical anesthetic medications for curing suntan. These lotions make you more sensitive and allergic to these medicines.

- ◆ Another quick healing tip is dipping some gauze in milk and applying it to the damaged

area.

- ◆ The tannic acid from tea also draws out the burn from the affected area and helps in faster healing of the skin. If applied correctly, this method for curing suntan also relieves pain, however, it does not help in preventing the skin from peeling.

- ◆ Make sure you apply sunscreen generously before stepping out. If you anticipate prolonged exposure to the sun, use hats, umbrellas and carry sunscreen with you to re-apply when necessary.

- ◆ Try to wear light shades like peach, pink, white or lemon when going out.

- ◆ Wearing cotton, chiffon, and crepe also helps in warding off heat.

- ◆ Avoid colors like black, brown, red and burgundy along with other dark shades as such colors absorb sun rays quickly and can damage your skin.

