



FOREVER **YOUNG**

Breakthroughs for Smooth Skin

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We've never been fans of shaving and waxing, but we've noticed that with each passing summer, it becomes more of a pain — *literally*. The reason: "With age and hormonal fluctuations, skin becomes more sensitive, so the removal methods we've used for years can suddenly become irritating," says celebrity dermatologist Ava Shamban, M.D. Fortunately, new breakthroughs in at-home hair removal deliver smooth skin sans the ouch.

FOR FACIAL HAIR

Hollywood legends Marilyn Monroe and Elizabeth Taylor are rumored to have shaved their faces to eliminate strays (which tend to be more visible under the spotlight of the sun). But there's no need to lather up with shaving cream these days. Many A-listers now turn to dermaplaning, a treatment commonly done in dermatologists' offices that involves using a blade to gently scrape skin, removing fine facial hair. Prices start around \$75 a session — but Dr. Shamban says you can get similar results for pennies with a modified DIY version: Pull skin taut, then hold a small razor (like OTC Ladies Eyebrow Grooming Razor, \$2 for 3, amazon.com) at a 45-degree angle against skin and "shave" downward in short strokes. FOR THE LEGS Shaving and waxing large areas can be time-consuming — and these techniques can lead to stubborn ingrown hairs and discolored skin. Instead, Dr. Shamban recommends depilatories. The new crop of cream-based hair dissolvers (like Nair Sprays Away, \$9, target.com) come in spray form for mess-free application. And unlike their chemical-laden predecessors, new formulas have ingredients that protect skin, like anti-inflammatory cherry blossom extract and hydrating rice bran oil. Tip: Use after showeringsince wet hair is easier to remove.

FOR SENSITIVE AREAS

If your bikini line is prone to bumps and redness, just the thought of waxing can make you wince. To eliminate the pain, Dr. Shamban suggests numbing the area with a lidocaine-based spray (like Bactine, \$7, drugstore.com) first. Then eliminate the risk of burning skin by using pre-waxed strips that require no heating (like Sally Hansen Hair Remover Wax Strip Kit, \$5, ulta.com). After waxing, apply azulene oil (included in many strip kits). This natural oil calms irritation and prevents bumps.