

Style

CAROLINA LIVING

Keep Your Cool
Age-old options that are made to shade. **2E**



Style File ▶
Amy Blumenthal talks about shopping while traveling. **3E**



Built-In Dazzle | Shirts, dresses have jeweled necklines. **8E**

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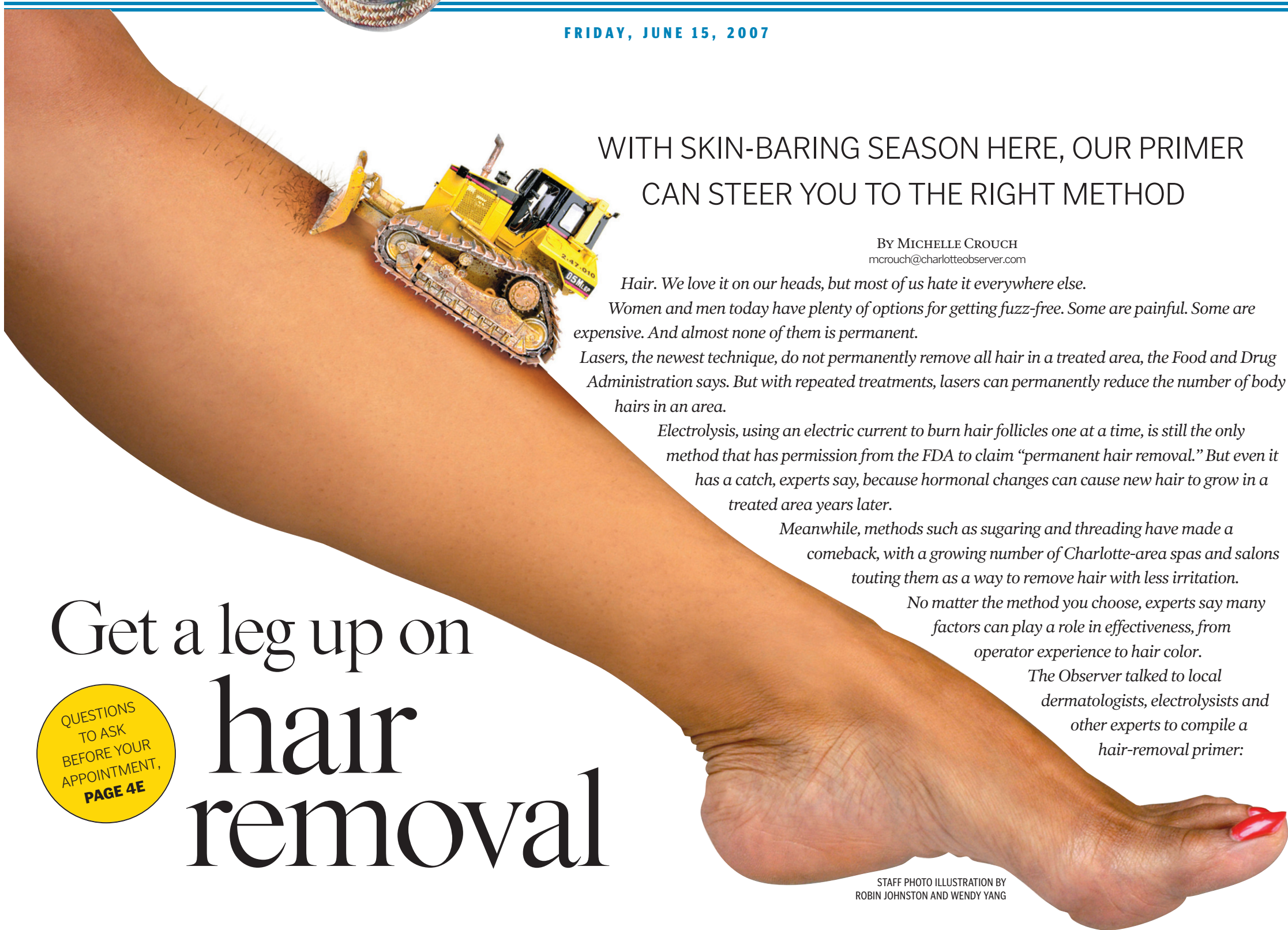


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FRIDAY, JUNE 15, 2007



WITH SKIN-BARING SEASON HERE, OUR PRIMER CAN STEER YOU TO THE RIGHT METHOD

By MICHELLE CROUCH
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Hair. We love it on our heads, but most of us hate it everywhere else. Women and men today have plenty of options for getting fuzz-free. Some are painful. Some are expensive. And almost none of them is permanent. Lasers, the newest technique, do not permanently remove all hair in a treated area, the Food and Drug Administration says. But with repeated treatments, lasers can permanently reduce the number of body hairs in an area. Electrolysis, using an electric current to burn hair follicles one at a time, is still the only method that has permission from the FDA to claim "permanent hair removal." But even it has a catch, experts say, because hormonal changes can cause new hair to grow in a treated area years later.

Meanwhile, methods such as sugaring and threading have made a comeback, with a growing number of Charlotte-area spas and salons touting them as a way to remove hair with less irritation.

No matter the method you choose, experts say many factors can play a role in effectiveness, from operator experience to hair color.

The Observer talked to local dermatologists, electrolysis and other experts to compile a hair-removal primer:

Get a leg up on hair removal

QUESTIONS TO ASK BEFORE YOUR APPOINTMENT, **PAGE 4E**

STAFF PHOTO ILLUSTRATION BY ROBIN JOHNSTON AND WENDY YANG

	THE BASICS	BEST FOR	LOCATION	LASTS HOW LONG?	OUCH FACTOR	COST	EXPERT TIPS
Shaving	The most common hair removal method, it's quick, simple and cheap. But it doesn't last long.	Legs, under-arms, face (for men).	At home. Men can get a professional shave from a barber or a grooming center.	As little as one day to a few days.	Unless you get razor bumps or nicks, it's virtually painless.	20 cents to \$15 per razor; \$15 to \$30 for a professional men's facial shave at a barber or men's grooming center.	<ul style="list-style-type: none"> ■ Change your blade every three to five shaves and use a softening gel or cream. ■ To save time, try one of the new razors with built-in skin conditioners.
Waxing	Warm wax is spread over the area, then pulled off along with your hair. It lasts longer than shaving, but it hurts.	Any part of the face or body.	Spas, beauty salons and some nail salons. Home waxing kits are available.	Three to six weeks.	Like a sticky bandage getting ripped off.	\$10 to \$20 for eyebrows or upper lip; \$50 to \$80 for full legs; \$25 to \$50 for bikini area.	<ul style="list-style-type: none"> ■ Don't tan 24 hours before or after waxing. ■ If you're worried about the pain, take a painkiller beforehand.
Lasers	Beams of light destroy hair follicles by targeting their pigment. People with light skin and dark hair get the best results. Lasers don't work on white, light blond, red and gray hairs.	Any part of the face or body. Lasers can do large areas quickly, so they're ideal for backs, legs and arms.	Dermatologists, spas and laser removal centers. Because of scarring and burning risks, some say a doctor is the best bet, though it may cost more.	Several months. Most who undergo the recommended five to eight sessions see a significant reduction in hair.	Some say it feels like a bee sting or a rubber band snapping the skin.	About \$60 to \$150 a session for parts of the face or other small areas; \$200 to \$400 a session for larger areas. Discounts are usually offered if you buy a package of sessions.	<ul style="list-style-type: none"> ■ Don't pluck hairs or use lotion before treatment. Do shave. ■ The lighter your skin, the better it works. So wait until your tan fades.
Electrolysis	Electricity burns each hair follicle with a thin metal probe, permanently eliminating it.	Small areas since it takes a long time to treat each individual hair.	Licensed electrolysis are listed in the phone book and on the Web.	It's the only removal method the FDA considers "permanent." (Three to 10 sessions are recommended.)	A warm, stinging sensation.	Most charge \$30 to \$40 for each 15 minutes of work. It takes 15 to 30 minutes to do an average woman's upper lip.	<ul style="list-style-type: none"> ■ Let your hair grow for a few days before your appointment. It's easier to zap longer hairs. ■ Avoid caffeine before your session; it stimulates nerve endings.

INFO ON SUGARING, CHEMICAL DEPILATORIES, THREADING AND VANIQA, PAGE 4E

FRUITY AND FLORAL AROMAS WAFING IN

Colognes have scent of woman...but made for man

New fragrances with feminine touch often walk a fine line

By RAY A. SMITH
Wall Street Journal

Rhubarb. Geranium. Orange blossom. That lineup might sound better suited to a farmers market, but some of the biggest

names in fragrance are gambling that these seemingly unmanly aromas are the future of men's cologne.

Creating fragrances for men has always been a tricky business. Long averse to anything remotely feminine, many men prefer traditional woody or soapy scents, or better yet, nothing at all.

But a new generation of younger men has been fueling fragrance sales with a willingness to experiment with exotic ingredients. As the market gets more com-

petitive, fragrance makers are becoming increasingly adventurous in their offerings.

The result: an olfactory free-for-all at the men's cologne counter that features scents often more evocative of women's perfumes than traditional male fragrances.

A new Burberry scent has hints of mimosa and port wine.

Key ingredients in John Varvatos' latest entry, Vintage, include crisp rhubarb, "ar-

tisanal" quince fruit paste and Albanian juniper berries.

Kenneth Cole's R.S.V.P. boasts notes that include "wet grass" and "soft cashmere."

And Tom Ford just started selling scents in his men's store called Tuscan Leather and Tobacco Vanille.

"You have to be careful," says Richard Herpin, a perfumer with fragrance and flavor company Firmenich, which has de-



AMAZON.COM PHOTO

Ingredients in John Varvatos' Vintage: rhubarb and juniper berries.