

# Lipstick

## The Ultimate Guide to Body Hair Removal: Which Method Is Right for You?

So, you want to get rid of some hair (whether that's on your lip, your toes, your [lady spot](#), or [wherever the hell else annoying little strands feel like popping up](#)). Great! As we've discussed, the decision to remove or not to remove is a deeply personal preference—as is whatever path you choose to take to get there. And, trust, there are *many* various ways to defuzz.

Different options for dealing with body hair meet different needs: Plucking a [stray chin hair](#)? Easy. Plucking your entire bikini line? Um, *ouch*. To help narrow it down, we checked in with the experts on the pros and cons of each of the basic devices.

### Waxing

**Pros:** All hair types can be [waxed](#), says Hibba Kapil of [Hibba Beauty Studio](#) in NYC. For extra bang for your buck, choose underarms and [bikini lines](#). "The hair grows back much slower and lighter," says Kapil.

**Cons:** An inexperienced waxer can burn the skin, so make sure to speak up right away if the wax feels too hot. Make sure you haven't shaved for at least three days before your salon visit. If hair is too short for the wax to grab, your aesthetician will thread or pluck any residual hairs.

### Laser

**Pros:** Laser hair removal works like a charm to reduce hair growth... on those with dark hair and light skin. Paul Jarrod Frank, M.D., of NYC's [Fifth Avenue Dermatology Surgery and Laser Center](#) uses the Light Sheer Desire laser to remove hair from anyone, with any skin tone — but it'll cost more sessions.

**Cons:** The thicker your hair, the more trips to the derm and pricey sessions you're in for. Dr. Frank suggests that clients should expect four to six treatments, which is a heavy investment considering an underarm laser session in NYC costs about \$100 to 200. Adriana Martino, founder of NYC's [SKINNEY Medspa](#), adds that it's important to "avoid laser hair removal if you are pregnant or nursing or have had recent sun exposure."

### Shaving

**Pros:** Anyone and everyone can shave, and it's the fastest way to remove unwanted hair in a pinch. Dr. Frank recommends a limit of just once per week, and adds that it's helpful to prep your skin by exfoliating beforehand. (Although, we get that's probably not reasonable for most, in which case, [we recommend these high-performance razors](#).)

**Cons:** [Razor burn](#) (especially down there), the dreaded knee hair that's so much easier to miss than to remember, and those awful ankle nicks that won't stop bleeding.

### Depilatory Cream

**Pros:** Your grandmother probably used a [depilatory](#). These are the Cinderellas of hair removal: often overlooked but absolutely perfect for (using before) the ball. (We love [Nair Moroccan Argan Oil Ultimate Roll-On Wax](#), \$9.)

**Cons:** "Many women leave them on too long, which can burn your skin," says Dr. Frank. Remember to spot-test a new cream before using it to be sure that your new Tuesday night date won't irritate your skin.

## **Electrolysis**

**Pros:** With a tiny needle, an aesthetician **inserts an electrified needle into the hair follicle**, killing them off one by one. It's exact, and it really works. Plus, it works on all skin tones. "It used to be more popular because it was able to treat blond and lighter hair colors," says Dr. Frank. Now, more advanced laser hair removal technologies can do that job for us.

**Cons:** Needless to say, this one is especially painful. "It can be irritating to the skin, and leave marks and scars," says Dr. Frank.