



Bare necessities

Spas, salons put smooth in reach

BY CANDACE LEIGH

Any Dallas gal worth her salt knows that pantyhose are a definite no-no. So what's a girl to do when warm weather makes her trade Chaiken pants for Tuleh dresses? Ensure that those gams are stubble free. There are oodles of options for hair removal, so consider price, pain, and permanence when choosing a service. And remember to shape-up those brows. Otherwise you'll be condemned to wearing bangs this spring.

WAXING

"Waxing is not for everybody," cautions Maria Bourland. "The amount of pain depends on experience, technique, and wax type. We offer a truly specialized service." It's not permanent, but results last up to one month, and hair comes back in less thick and coarse than with shaving. European Skin Care by Maria also is known for some of the best brow-shaping in Dallas. Maria's tips: Don't take aspirin or use Retin-A before waxing. Afterwards, apply a cold compress to the legs.

THREADING

Long practiced in Asia, threading is a fast and effective option for sensitive skin. Cotton thread is twisted and pulled along the skin surface to remove hair directly from the follicle. A professional job produces just a slight pinch. Maro Golgoun of Elegance Spa Salon says, "[Threading] pulls the hair from the roots without disturbing the top layer of skin." Maro's tip: Threading

works on all skin types, and tanned or damaged skin.

ELECTROLYSIS

Electrolysis cauterizes the blood supply that feeds the hair — hence a little pain. The process permanently removes hair if the sessions are timed precisely to the growth cycle. Lynne Rains notes, "Raising the hairline is a six-year process. Brows, six months; face, 18 months; legs, three years." At Great Skin by Lynne, she conducts personal consultations to get the client's medical history and plan the procedure. The industry standard is around \$1 per minute to remove hair from upper lip, chin, center brow, fingers, nape, ears, or to shore up a beard. Lynne's tip: Avoid sunburn before and after electrolysis.

LASER HAIR REMOVAL

Melanin-targeting lasers set on specific levels for different hair types "zap" hair follicles. As hair grows in three cycles, several paced sessions are

necessary. The process is generally priced per session, with four to six sessions spaced several weeks apart. "The question, 'Does it hurt?' is the one we get most often," says Asa Christensen of Smooth Solutions. "The response from clients ranges from 'not at all' to 'tickles really bad' ... but the results are well worth it." Asa's tip: Go to someone with experience. Smooth Solutions has been in business since the FDA approved the procedure eight years ago.

SUGARING

All-natural sugar paste is quickly gaining popularity in spas. "It extracts hair in its natural direction of growth," says Kim Lower of Touch of France. "Sugaring lasts longer than waxing, plus it's more gentle on delicate skin." The paste isn't as hot or sticky, so cleanup is easier, too. Expect to pay about \$15 more per area than conventional waxing. Kim's tip: Take Motrin before sugaring to take the edge off any pain. ■

WHERE TO GET SMOOTH IN DALLAS-FORT WORTH

» **European Skin Care by Maria**
1450 Preston Forest Square,
No. 266 and No. 267 in Dallas
972-385-7546
www.europeanskinbymaria.com

» **Elegance Spa Salon**
5338 Belt Line Road
(between Preston Road
and the Tollway) in Dallas
972-980-7150
www.elegancespasalon.com

» **Great Skin by Lynne —
Electrolysis by Lynne Rains**
One Turtle Creek,
3878 Oak Lawn Ave., Suite 614
(between Blackburn Street
and Avondale Avenue) in Dallas
214-526-6160
www.electrolysisbylynne.com

» **Smooth Solutions Laser
Hair Removal**
5930 W. Park Blvd. in Plano
972-818-0400
420 E. Round Grove Road
in Lewisville
469-549-9900
www.smoothsolutions.net

» **Touch of France**
(formerly The Final Cut Salon & Spa)
5477 N. MacArthur
(southwest corner of MacArthur
and Walnut Hill) in Irving
972-580-8473
www.finalcutdallas.com