

Sally's Complete Care of the Skin

MEMBER



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The ABCs of Waxing Hair Removal Made Simple

Chrissy Spehar

The quest for smooth, silky skin can be endless, especially if you're relying on shaving or plucking. Waxing, on the other hand, can save you time and provide results lasting up to four weeks. "I recommend waxing for facial hair and for people with lighter, finer hair," says Cindy Barshop, owner of Completely Bare High-Tech Spa in New York. "People who wax get a smoother, longer lasting effect."

How It Works

In this treatment, warm wax adheres to the hair, cools, and is pulled off in strips. There are two types of wax: hard wax and soft wax. Hard wax is usually better for more delicate areas like the

is then applied in the direction of the hair growth, and the skin is pulled taught. The esthetician then pulls the wax off in the opposite direction, removing the hair follicle by the root and ensuring there are no ingrown hairs.

Waxing reduces hair growth when sessions are performed at regular, thirty-day intervals. While shaving crops the hair level with the skin, waxing pulls it out by the root, so it grows back softer, finer, and thinner. In fact, the more you wax, the less hair grows back. Plucking can have the same results of waxing, in that the hair is removed by the root, but it can be time consuming



Professional waxing is an accurate, effective, and lasting method for hair removal.

face, underarms, and bikini area, because it is easier on the skin. Soft wax is good for the coarser hair on the legs, arms, back, and chest. Hair generally needs to be at least a quarter of an inch long, except on the face, where it can be shorter. Barshop explains that your skin care professional will ensure the area to be waxed is completely dry so the wax can better attach to the hair follicle. The wax

and less ample in getting all the hairs.

Because waxing pulls off a couple of layers of skin (along with hair), it can cause tenderness and swelling and should not be performed if you have particularly sensitive skin. In addition,

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*Be kind
whenever
possible. It is
always
possible.*

-Dalai Lama

Office Hours and Contact

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if you're taking Retin-A, Accutane, or any prescription acne medication, skin sensitivity is heightened, and waxing should not be done at this time. If you have any questions or concerns, discuss them with your skin care practitioner and/or dermatologist.

What to Expect

First, it's important to make your appointment with a trained professional to ensure you receive a high quality wax job. Barshop suggests that women schedule waxing appointments in the middle of their menstrual cycles rather than right before or right after their periods, as skin can be more sensitive during this time.

Next, be sure the hair you want waxed is grown out to about a quarter- to a half-inch above the skin. If hairs are left too short, the wax won't be able to adhere to them strongly enough to pull them out. Refrain from taking a shower or bath just prior to the treatment, as soaking the hair will soften it, allowing it to break more easily and making waxing less effective.

Barshop recommends considering the following factors when deciding if waxing is right for you: "Make sure you're not on acne medication or glycolics. If you tend to get red or swell easily, inform your esthetician of your skin sensitivity and ask them to use smaller strips of wax. Afterwards, apply cold compresses to take away the sting. Remember that the coarser the hair, the more it hurts. Also, if the skin is thinner, like on your bikini line, it's going to hurt more." Barshop recommends taking ibuprofen before the appointment if your skin is particularly sensitive.

Once you're wax-ready and at the practitioner's salon, she will take you through the following steps:

- A preconditioning lotion for waxing is first applied to the area to be waxed.

- Warm wax is poured or dabbed onto the skin, and, usually, strips of cloth are pressed into it.

- When the wax dries, the cloth is quickly removed. If cloth isn't used, the wax is pulled away directly.

Discomfort may occur when the wax is pulled off, but relaxing will help alleviate the sensation. The more you experience waxing, the less it hurts.

Post-Waxing Care

It's important to care for the waxed area properly after treatment to prevent ingrown hairs, breakouts, or other reactions. The following steps will give you the best results:

-Use a pumice stone or exfoliating gloves with a bath gel on the recently waxed skin to help keep the skin clear and less prone to blemishes.

-Avoid using a bar soap, because it leaves a film on the body that could cause ingrown hairs.

-For breakout zones, defined as the

face, back, and chest, use a gentler exfoliant and an anti-breakout lotion.

-Steer clear of direct sunlight and tanning booths directly after waxing, especially while the skin is still red from treatment.

-Apply only gentle moisturizers in the twenty-four hours after treatment.

-Don't use products with harsh chemicals, perfumes, or dyes.

Smooth, soft skin can leave you feeling confident and secure, and the less you have to think about it, the better. Achieving smooth skin depends on finding a hair removal technique that works with your skin and hair type. Waxing offers a lasting, effective answer to hair removal, and the sessions are relatively short with a minimum amount of discomfort. Ask your skin care professional if waxing might be right for you. If so, you can look forward to weeks of smooth skin.



Talk to your practitioner to determine if waxing may be the hair removal choice for you.

Nuking Food Safely

How To Microwave with Care

The microwave oven--that ubiquitous appliance now found in every American kitchen--is, for the most part, safe. However, microwaves can come with some specific health risks--including microwave exposure and chemical contamination--if they are old, not used properly, or used with non-microwavable dishes or coverings. Fortunately, following a few guidelines can help you effectively avoid microwave leakage and prevent chemical exposure, while using your microwave safely and soundly.

Avoid Leakage

- Ensure a tight seal by regularly cleaning the door seal with water and a mild detergent.

- Avoid microwaves that have loose doors. If the door doesn't close tightly, don't use it.

- Keep your distance, standing at least two feet away from, and to the side of,

operating microwaves.

Prevent Exposure

- Avoid heating food in plastic or Styrofoam, which contain plasticizers. These leach into food during microwaving, creating xenoestrogens--substances that mimic hormones in the body and have been associated with birth defects, developmental delays, low sperm counts in men, early puberty in girls, and an increased risk of certain cancers.

- Steer clear of plastic wraps to cover your food during microwaving. Most of these also contain plasticizers that can leach into food, especially if they come in contact with hot, high-fat food.

- Use microwaveable glass cookware to ensure safe microwaving.

Microwave ovens are part of today's cook world and offer certain conveniences --there's little chance of escaping that

fact. But by taking a few simple precautions, you can ensure microwave cooking adds to your life--not take away from it.



A few simple tips will ensure microwave safety.

The Power of Tea Tree Oil

Is your medicine cabinet full of ointments, oils, and creams that each treats one specific ailment? Maybe you can cut down on some of the clutter by adding nature's own wonder drug, tea tree oil, instead.

What is Tea Tree Oil

Produced in Australia from the tree *M. alternifolia*, tea tree oil acts as an antiseptic, fungicide, insect deterrent, and more. It has been used in Australia by aborigines for generations and, since the country's colonization, has spread to the rest of the world.

Tea tree oil, which can be found as an essential oil as well as in creams, ointments, shampoo, and even toothpaste, can be used to treat a staggering variety of conditions,

including: acne, arthritis, athlete's foot, burns, cuts, dandruff, eczema, gingivitis, infection, insect bites and stings, lice, muscle sprains, psoriasis, and rashes. And that's just a partial list!

Potential Benefits

The exact cause of tea tree oil's effectiveness is difficult to ascertain, and researchers are still looking into just how much the natural remedy can do for us. Newer studies have looked at its ability to stop the spread of sometimes-deadly methicillin-resistant staphylococcus aureus in hospitals.

Use Safely

While there are plenty of benefits to using tea tree oil, its strength can also be problematic, even dangerous. The Mayo Clinic advises that it's not safe to ingest or take tea tree oil internally, and it is

considered particularly harmful if ingested by pets.

Also, like most natural remedies, the US Food and Drug Administration does not regulate tea tree oil as it does other medicines, leaving no standard quality of tea tree oil products. And, while many people enthusiastically support tea tree oil, it is no substitute for professional medical care.

Yet, many people agree that, if nothing else, tea tree oil should be a part of your first aid kit in case of bites, burns, or scrapes. But who knows? You might find yourself using it for much more than that.

*Always do your
best. What you
plant now, you
will harvest
later.*

-Og Mandino

I am an Aveda educated and licensed esthetician. I help clients of all ages reach their skin care goals, whether it be to maintain healthy skin or improve skin conditions. I am also certified with PCASkin; well respected for their gentle, yet highly effective products and Chemical Peel formulations.

Facials and waxing are some of the services I provide as well as makeup application and/or instruction.

Before raising two children and becoming an esthetician I was a teacher for many years in Ohio and California. I have both an undergraduate and a masters degree in education. You will love my attention to detail and benefit from my passion for educating my clients. ----- Sally

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