

WAXING LYRICAL

Not since the 70s has the abundant chest rug been either remotely desirable or fashionable. Unfortunately, for many of us, the genetic legacy of the hunter-gatherer pelt of fur is still strong - which isn't so good when the current model for male beauty is smooth, hairless skin. However, take heart. Now more than ever, there are an array of methods to remedy even the most persistent unwanted body hair



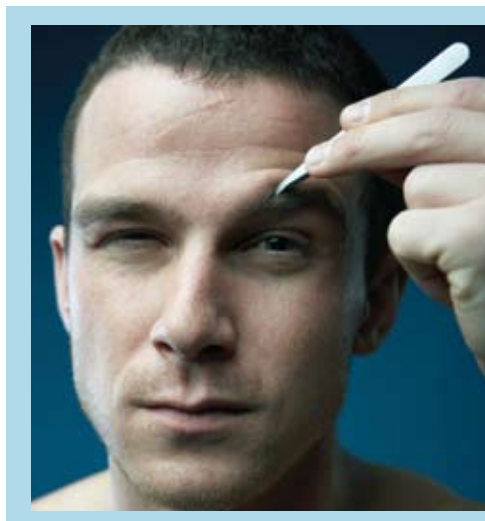
LASER

The daddy of hair removal treatments, laser offers a permanent solution to the hairy problem. The laser penetrates the skin, targeting pigment in the hair follicles, destroying your foe at the root. Results depend on your skin pigmentation and hair colour (dark hair absorbs the laser energy, making it easier to treat), so the best results occur with men who have fair skin and black hair. There are various different types of lasers, but one of the most effective is 'soft light', a laser which produces prolonged heat, destroying

the follicles in the stage of active hair production. With a treatment that produces such efficient results there's a matching price tag. The total cost depends on the size of the desired body part, as well as factors like hair density and number of treatments required. One session to treat a full back costs Dhs1,500 and generally at least 4-5 sessions are needed.

Pain factor: 8/10 (the sensation feels like an elastic band flicking your skin)

Where: Medcare Hospital, see www.medcarehospital.com



PLUCKING

Perfect for a few troublesome back or shoulder hairs that we're all prone to, plucking is ideal for small areas. Using tweezers, the hair is gripped close to the root and pulled out. Though inexpensive, plucking is time consuming as you can only remove one hair at a time.

Pain factor: 5/10

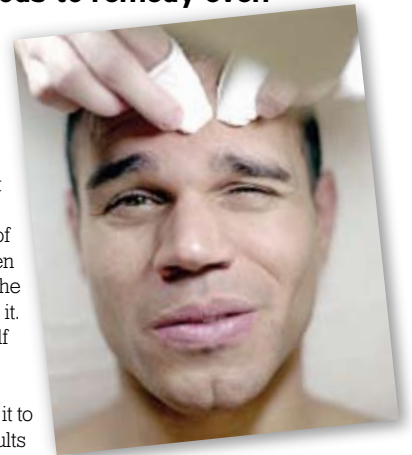
Where: In front of a decent magnifying mirror.

WAXING

A removal process that fills most men with dread, waxing involves spreading hot wax onto the desired area, applying a strip of cloth or muslin and then yanking it off - taking the wax, hair and root with it. There are do-it-yourself kits, but unless you're an aficionado, then it's probably best to leave it to the professionals. Results are temporary and it's not ideal for sensitive skin types. Expect re-growth after 3-4 weeks. A chest and abdomen wax is priced at Dhs175.

Pain factor: 7/10

Where: H2O, Emirates Towers, Tel: 04 319 8181

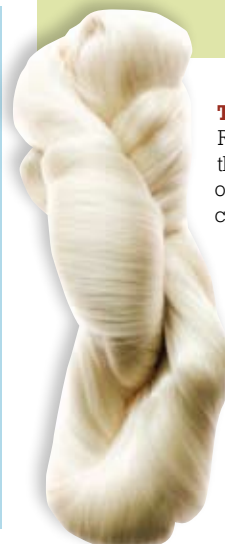


SHAVING

Have you shaved your chest and unibrow until it dawned on you that the hair grew back, and thicker? Yes, it's perfect for a quick touch-up, but it's definitely not a long-term solution. Shaving can also cause irritation and razor burn in sensitive areas. If you're going to do it, invest in a specially designed body razor, such as this one by Gillette (Dhs4.50 for a pack of three, available from Carrefour).

Pain factor: 1/10

Where: You'll get a closer shave in a warm shower.



THREADING

Readily available in the UAE, threading is an ancient method of hair removal practiced in Eastern countries. A cotton thread is pulled along unwanted hair in a twisting motion trapping hair in a mini lasso and lifting it out of the follicle. Used on the facial area - especially the eyebrows - threading removes the entire hair follicle and can last for up to six weeks. Best of all, frequent threading can actually cause the hair follicle to stop growing altogether.

Pain factor: 4/10

Where: 1847, Grosvenor House, Tel: 04 399 8989