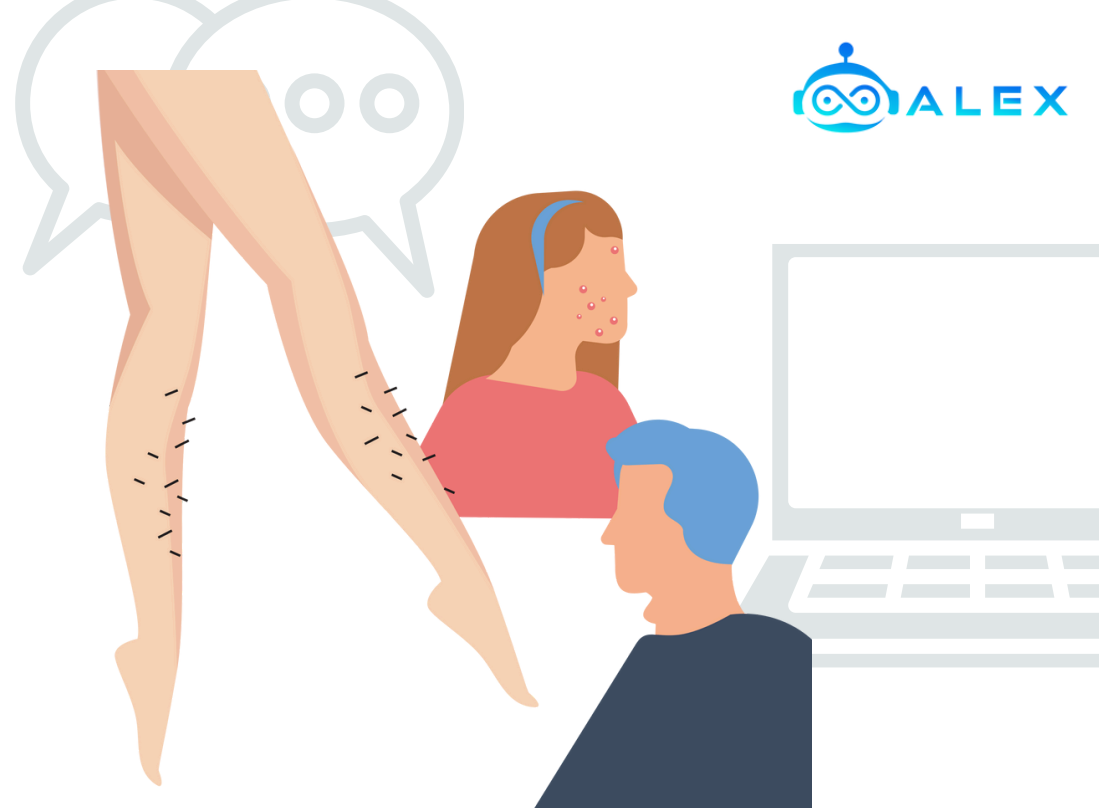


MY CHANGING BODY

How should I groom my body hair?

KEY WORDS



body hair | depilation | hygiene



If you've noticed hair growing all over your body, you might be wondering, "What should I do?" Well, first off, let's start with an acknowledgment that there's no one-size-fits-all answer. Let's approach this subject with some tips and common practices which may help you make the best choice for yourself.

Many people make the decision to groom their body hair to stay and feel **hygienic, aesthetically pleasing and comfortable for themselves**. How can this be done?

- Firstly: you can maintain cleanliness of your body, including body hair, through daily bathing/showering using appropriate cleansing and care products.
- Secondly: You may wish to consider hair removal methods, if you consider it more aesthetically pleasing or comfortable.



If you choose to groom your body hair by removing it, some of the most popular methods of getting rid of unwanted hair are:

- **Trimming it**

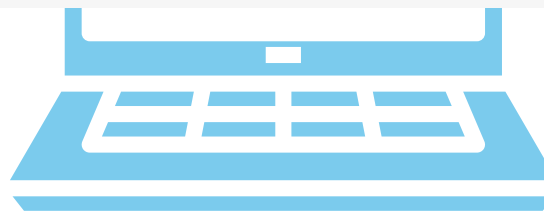
If you're just starting out with grooming, maybe you want to go slow and make smaller changes first. That's what trimming is for. Use some clean, sharp scissors, and trim away longer pieces of hair. Just be cautious and take it slow.

- **Depilatory creams**

Depilatory creams, gels, and foams work based on a chemical reaction that weakens the hair, after which the weakened hair can be removed using a plastic spatula. Depilatory creams also weaken regrowing hair, which becomes thinner and more delicate with each treatment. The effects of this hair removal method last longer than traditional shaving and can leave the skin smooth for up to approximately 10 days after the procedure.

- **Shaving razors**

Shaving is common for areas like your legs, underarms, and, for young men, the face. If you've chosen to shave, grab a good quality razor, use shaving cream or gel to avoid irritation, shave with the grain of the hair and not against it, and go slow to avoid nicks.



- **Waxing**

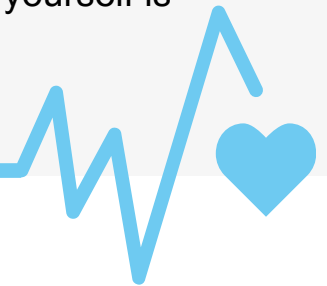
This involves a process of removing hair from the root using a layer of wax. It is considered very effective because new hair regrows only after 4-6 weeks.

- **Laser hair removal**

Thanks to repeated exposure to hair with a laser, the hair follicle is damaged, leading to its permanent removal. After 6-8 sessions of exposure, it's possible to achieve an effect that can last for several years. This is the most expensive option.

It's important to mention one more method of grooming your body hair: **keeping it natural!** There's absolutely nothing wrong with leaving your body hair as is.

Body hair is a natural phenomenon, and the choice to remove or keep it should be personal and aligned with one's own sense of aesthetics and comfort, instead of doing it to please others. How you choose to express yourself is entirely up to you. So, go ahead, embrace the natural look or pick up a razor—your body, your rules!



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