

Good Housekeeping

Amazing
GIFTS
From 99¢ to \$30!

Save Your Skin

Fuzz Buster

The breakthrough At-home laser hair removal

The science These long-term hair-removal devices use the same technology as their doctor's-office counterparts. You hold the tip against your skin (anywhere below the neck), and it emits laser or light energy. The pigment in hair absorbs the energy, which converts to heat, shutting down hair production.

Should you try it? At-home lasers cost hundreds of dollars—the Tria Laser Hair Removal System is \$795 (Nordstrom; 3) and Silk'n SensEpil will run you \$500 (sephora.com; 10)—but you'd spend a lot more on visits to a pro. Doctor's-office prices average \$450 per treatment area, according to the American Society of Plastic Surgeons, or at least \$1,500 for several visits if you want the hair gone for good. And the at-home devices

do work. Published studies showed that the Tria reduced overall hair regrowth an average of 41 percent, and the Silk'n by 43 percent, six months after a series of three treatments. (Results on legs showed reductions of 61 percent and 54 percent, respectively.) Three monthly pro treatments usually deliver 50 to 80 percent hair reduction. Discomfort can range from nonexistent to something like a rubber band snapping against your skin. The catch: Both doctor's-office and at-home machines are ineffective on blond, red, or gray body hair, or medium-brown to dark skin, says Dr. Draelos. The devices target pigment in hair, which must be dark to be detected. And lasers can't differentiate between skin pigment and hair on darker skin—which means you risk a burn. (If the safety mechanism on either product senses too-dark skin, it won't turn on.) A reasonable alternative for lighter hair and darker skin color: **No!No! 8800** (\$220, Sephora; 4), which uses thermal energy rather than a laser. Six weeks of twice-weekly treatments yielded a 44 percent reduction in leg hair, according to a study published in *Journal of Drugs in Dermatology*. ■



9



10

goodlooks

M A D E L I N E J O H N S O N

M A R K E T I N G & P U B L I C R E L A T I O N S

