

## Q&amp;A

## Is hair removal worth it?

If you wince at the thought of a wax, laser hair removal can get rid of up to 98% of face or body hair for years—or for good. Christian Karavolas, owner of Romeo & Juliette Laser Hair Removal in New York City, shares what to know before giving it a go.

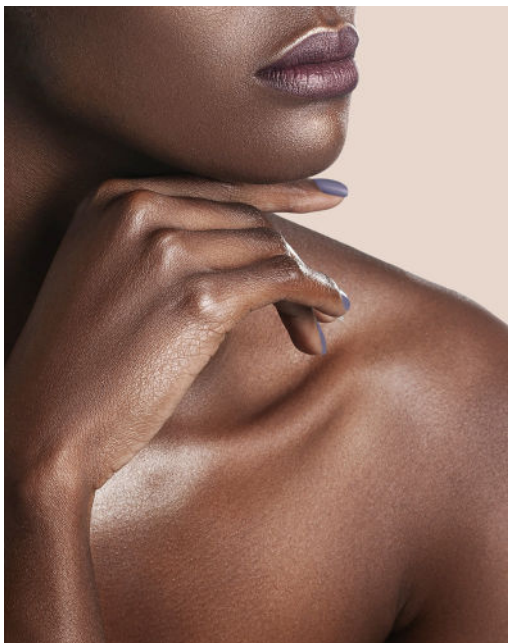
### ▶ **It works best on darker hair.**

Pigment, or melanin, in hair follicles absorbs laser light and converts it to heat to destroy the growth cycle. When there's less melanin, the laser has less to work with, "so it's not recommended for white, light blonde, or red hair," says Karavolas.

### ▶ **You need to do the full series.**

Laser hair removal isn't a one-and-done deal. For most areas, you'll need five to six sessions a month or so apart. The price is based on the size of the area, and touch-ups later on cost extra.

▶ **Hormonal changes can cause regrowth.** Hormonal shifts caused by pregnancy, menopause, starting or stopping birth control, and other factors can make hair grow back on the face, chest, and upper arms (requiring touch-ups), but legs, underarms, and the bikini



region aren't typically affected, so they can stay hair-free longer.

▶ **Other hair treatments can affect results.** Hair-growth supplements such as biotin will rev it up everywhere, not just your scalp, so you may need more treatments or touch-ups. And never use other hair-removal methods (except shaving) while undergoing laser treatments.

▶ **Have it done by a doctor or a specialist.** To improve your chances of seeing the most permanent and satisfying results, go to a specialty clinic that focuses solely on hair removal or see a dermatologist, Karavolas says—this will ensure that you're getting a well-trained, highly skilled aesthetician working with top-quality devices.