



# Sweet As

Xposé's Beauty Sleuth gets evangelical about an old-but-new form of hair removal

Smooth and silky with just a dash of sugar!

in the direction of hair growth, all of which means it's less painful than waxing.

As mentioned, highly groomed New Yorkers are mad for it but it's yet to make much of an impact here and sugaring isn't extensively offered by salons in Ireland. Seattle born and raised Lindsay Leggett aka The Sugarist, who is based out of The Hive salon on Dublin's South Great George's St, thinks that this is about to change. As to why it hasn't been really embraced here thus far is, she believes, is because there is a certain European lack of knowledge about Middle Eastern beauty methods, no matter how long established they are. A case in point is threading, another century-old Eastern practice that has only gained popularity in Western countries in recent years.

I opt for a Brazilian, which costs €65, but you can get as much or as little removed as you desire, and you

*"The beauty of it is that the sugar attaches itself to the hair follicle and not the skin"*

the million-dollar question is: does it hurt? It's hard to say definitively because people's pain thresholds vary wildly. From my perspective, it was a lot less sore than any waxing I've have done and Lindsay also offers a distracting lollypop to suck on for those critical 'eek' moments. But apart from the pain aspect, it's the results that I'm most impressed with – clean and smooth with very few stragglers, as wax is inclined to leave. I'm not as 'bumpy' as I usually am after a wax job and the redness quickly goes down. Often even immediately after waxing, I often seem to be left with a not-very-attractive five o'clock shadow – grim, I know – but not so the case with sugaring, primarily because, unlike waxing, the hair is being removed at the root, and because of the sugar's small molecules, it's effective at removing fine hair as short as 1/8 of an inch, which is about 7-10 days growth. Aftercare involves regular exfoliating and moisturising and in the 12 hours immediately after being sugared you need to avoid working out and hot showers.

And almost two-and-a-half weeks later, the regrowth as been a lot less than after waxing. Happy with sugaring? I'm practically evangelical about it now and I'm booking a follow-up appointment – Lindsay explains that sugaring on a regular basis means the hair density diminishes so it will be less painful and you'll be smoother if you stick to a regular schedule. Which I will be doing. Goodbye waxing. I can't say I'm sorry that our relationship is over.

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**B**eauty Sleuth firmly believes that the real reason why women are underrepresented in senior positions of power is because we spend all the time removing hair from our body when we could be running for election or similar. Ok, not really, but it all adds up: those years spent running a razor over your legs in the bath; the minutes counting down until you can remove the depilatory cream; the number of times you've lay there, legs akimbo, telling your beauty therapists about your holiday plans. Because unless you're blessed with slow growing hair, or little hair on your body, remaining smooth and hairless is a never-ending task.

Now, of course it is argued that removing your body hair is a very unfeminist thing to do, but hey, feminism is all about choice. And personally, you are as likely to catch

me wearing a velour onesie to the office as you are to see me rocking a hairy armpit i.e. never.

Over the years, I've had mixed experiences in terms of hair removal. There was the unfortunate bikini line waxing incident that left me bleeding. There was the inexpert threading that gave me dodgy uneven eyebrows but mainly it's the cost factor and the time devoted to hair removal that annoys me so much. Oh, and the pain. Never good.

So, an effective form of hair removal that hurts less than waxing and has a cult following in NY? Sign me up.

Sugaring is an ancient Arabic discipline, thought to date from around 1900 BC. It's a simple paste of sugar, lemon and water, heated to room temperature and applied to the skin. The beauty of it is that the sugar attaches itself to the hair follicle and not the skin, and that it is pulled off

can get any part of the body sugared; brows, for example, cost between €15 and €25. No matter how much you put a spin on it, having someone tend to your lady garden – and early enough on a Saturday morning – isn't anyone's idea of an excellent time. But Lindsay, who has a very soothing presence, makes it far from an ordeal as she gets to work.

There's lots to like about sugaring. It's natural, hypoallergenic and non-comedogenic, making it good for sensitive skin and because no spatulas are being dipped into the sugar pot, or strips being used, there's no risk of cross-contamination. But of course

## Special discount

Lindsay is offering a first time Brazilian, which normally costs €65 for the price of a maintenance Brazilian, which is €50, to the first 20 Xposé readers who make an appointment with her between 7-19 October .