

LADIES' Home Journal

JUNE 2010

LHJ.com

**DE-CLUTTER
YOUR LIFE**

**FASHION TRENDS
THAT LOOK GOOD
ON EVERYONE**

**75 IDEAS FOR
SUMMER FOOD
AND FUN**

**HOW TO GUARANTEE
YOUR MARRIAGE
WILL LAST**

**THE PRIVATE
LIFE OF
LAURA BUSH**



The Buzz On De-Fuzzing

FIGURE OUT WHICH AT-HOME HAIR-REMOVAL OPTION WORKS BEST FOR YOU.

RAZOR

The Good It's easy, fast and cheap.

The Bad Can you say "high maintenance"? Skip shaving for a day or two and you'll have major stubble to show for it.

Accessory Shaving cream. Your razor's BFF, it protects skin from irritation and nicks.

For best results Replace blades every two weeks.

Try Venus Embrace Disposable razor, \$10 for a three-pack, and Skintimate Revitalizing Cream Shave, \$4



DEPILATORY

The Good It minimizes stubble so you can go a few days longer than you would with shaving.

The Bad Some women complain about the mess and the chemical smell. It also takes three to six minutes to work.

Accessory A timer or a clock so you don't leave the formula on longer than instructed.

For best results Always do a patch test to make sure your skin isn't going to have a reaction.

Try Veet Suprem'Essence Spray On Hair Removal Cream, \$8.50



WAX

The Good You don't have to worry about regrowth for almost a month because hair is removed from the root.

The Bad The pain factor makes DIY waxing tricky. Also, it's usually the most expensive of the three options.

Accessories Spatulas, strips (unless it's a strip-free wax), plus prepping and calming lotions. The easiest way to get them all is to buy a kit.

For best results Pull hair in the opposite direction of hair growth, using even pressure.

Try Bliss Microwaveable Poetic Waxing Kit, \$45



Do The Night Thing

THESE SUMMER BEAUTY TRICKS ARE MOST EFFECTIVE RIGHT BEFORE BED.

Well Heeled Make cracked, dry feet sandal ready by applying a thick foot cream in the evening and wearing socks. "It's the next-best thing to getting a pedicure. You'll have baby-soft feet the next day," says Mellis Chang, a nail technician at Deva Spa in New York City.

Cool Customer Antiperspirant works better if you apply it at night. "More of the formula can penetrate when your body temperature cools down," says Debra Luftman, M.D., a Beverly Hills-based dermatologist. For extra protection, reapply in the morning after you shower.

Boots Botanics Overnight Foot Rescue, \$8



Thymes Essentials AHA Foot Cream, \$17



Secret Clinical Strength Sport, \$8



Degree Woman Natureffects Deodorant Solid, \$4



Dove Ultimate in Light Radiance, \$4

