

Waxing Versus Shaving and Depilatory Creams

The Amber Health, Beauty and Sports Injury Clinic can provide: General Waxing (Legs, Arms, Back and Front), Personal Waxing for Men and Women, Threading, Bikini Waxing, Sports Waxing, etc. Seven different waxes are regularly available to Clients. We also offer Computerized Electrolysis (see our separate article), which is a more permanent but expensive treatment. We are not yet able to offer Laser Hair Removal, as currently the equipment cost (£5000 - £10,000) and personal training (up to £2000) required, is beyond our capability.

See later for further details and prices for Waxing and Threading.

Which is best for You?

Provided By: [Associated Content, Inc.](#)

With swimsuit season upon us [hair removal](#) is important, but have you ever wondered which method is best to use for effective hair removal? We have several options to choose from: waxing, threading, sugaring, electrolysis, shaving, and depilatory creams to name a few.

Before deciding which to use we must become at least slightly knowledgeable about the method, products, and possible end results.

As we all know there are many different types of shavers out there, between electric and manual one could guess that there is more than a handful. Which is best?

If you are in a hurry and do not mind a dry shave an electric shaver could be the way to go. There are little negative residual effects after using an electric shaver; though I would suggest that you be careful with the product if it is dropped. I recently dropped mine and the thing left long cuts along my leg. Very painful, otherwise, my Electric Shaver was a dream. I was able to finish shaving quickly and thoroughly. There were no negative residual effects (while my shaver was undamaged); my stubbles came in just as quickly as if I had used a razor. My skin was soft and without cuts.

Again, if you like to get the job done quickly this method may be the one for you, but remember; an electric shaver can be damaged easily and could cause cuts which leave scars. This type of product ranges between £25 to over £200, they are corded and cordless. These products can be purchased stores like Wal-Mart and Target, in the UK – your local Electrical supplier, and are generally easily accessible.

If you do not like to shave you may want to try depilatory creams like Surgi-Cream, but be careful these are harsh chemicals that could burn your eyes and other sensitive areas. The odor is usually very strong, though packages claim that the smell is pleasant. When you use this product be sure to follow the instructions. You want to ensure the most effective hair removal and safety.

There were negative residual effects when I used a depilatory cream. My skin was left with a light chemical burn which hurt for a few days, the odor burned my throat, eyes and nose, and when my hairs grew back in they were in-grown. Not a pleasant feeling or look.

On the plus side, depilatory creams are relatively cheap and can be purchased at nearly all [department stores](#), pharmacies like Walgreen's, and beauty suppliers like Sally's for around £5 - £10. So, if you can get past the odor, burn, and in-grown hairs, you may be satisfied with the end result - no hair for a few weeks.

If you can stand the shock of rapid and abundant hair removal, waxing may be for you. At first the purchase of Home products can be costly (Strips, Waxes – we use seven different waxes at **Amber Health, Beauty and Sports Injury Clinic**, Heaters, Spatulas', gloves, cleaning chemicals, etc.) but could be worth your money if you consider the amount you are getting. Then you have to include some training and you may need the help of a friend to do the awkward and personal bits. Oh, and antiseptics. These products can be purchased at salon supply stores like Sally's Hair and Beauty or maybe through your stylist – Do you go to a Hair Stylist for Waxing???. Again, this can become quite costly but if you consider how long the products last you're saving money. Or are you? It is surprising how many go for professional waxing, after the first or second attempt.

Therefore, if you want long lasting (not permanent) hair removal, waxing is the way to go. Your hair does not grow back in for several weeks and when it does, the texture is softer instead of sharp and stubbly. Of course you'll have to wait a while to allow the hair to grow the ½ inch (10mm) required to wax again, but it is well worth it. With some waxes (e.g. Lycon Wax, this can be reduced to 5 mm or less).

So, if you do not mind the wait then the sudden pain of hair removal and one time high price, waxing may be for you. Just remember to exfoliate the day **before** waxing to minimize on in-grown hairs. Personally I would recommend a professional to do the waxing – it's quick, clean and personal, and if you choose the right Beauty Therapist, its quick and the correct wax can reduce the pain, with no missed bits. Adelia at **The Amber Health, Beauty and Sports Injury Clinic** has a marvelous reputation and 20 years experience.

There you go, it's up to you. Which one is right for you? What is your price range and overall goal for optimum hair removal? I know which one I prefer. I hope whichever you choose has the results you're looking for.

Original article by [E.L. Morin](#), published on Jun 22, 2007

Typical Waxing Treatment costs: (For the latest costs see our Current Price List)

	Price £
WAXING For LADIES and MEN	
Full Leg	15.00
1/2 Leg (Upper or Lower)	10.50
3/4 Leg	12.00
Underarm	5.00
 Bikini (variable - depending upon Style, content and work involved, from Basic to Brazilian to the Full Monty)	 6.00 to 28.00 The cost also depends upon whether its jungle warfare or it is a return / regular job.
For Lycon Wax one can expect a £5.00 premium to be necessary. Sorry, but it is a very expensive wax.	
 Facial Wax or Threading (Upper Lip)	 5.00 – 10.00
Facial Wax or Threading (Lip and Chin)	7.50 – 10.00
Extended Chin and Jaw Line, Neck & Cheek	15.00
Full facial threading & Eyebrows	25.00
Forearms	8.50
Full Arms	12.00
Back Wax	15.00
 Chest	 10.00
Abdomen	8.00
Chest and Abdomen	19.50
Bottom wax	9.50
 Personal Male Waxing (By Jason) (NEW)	 P.O.A.
Contact Jason at The Back and Beyond at http://www.waxing4men.com/the-back-and-beyond-i242.html	
 Full Body Sculpture Waxing for Shows, Weightlifting and Dancing, etc	 POA Circa 50.00 to 75.00