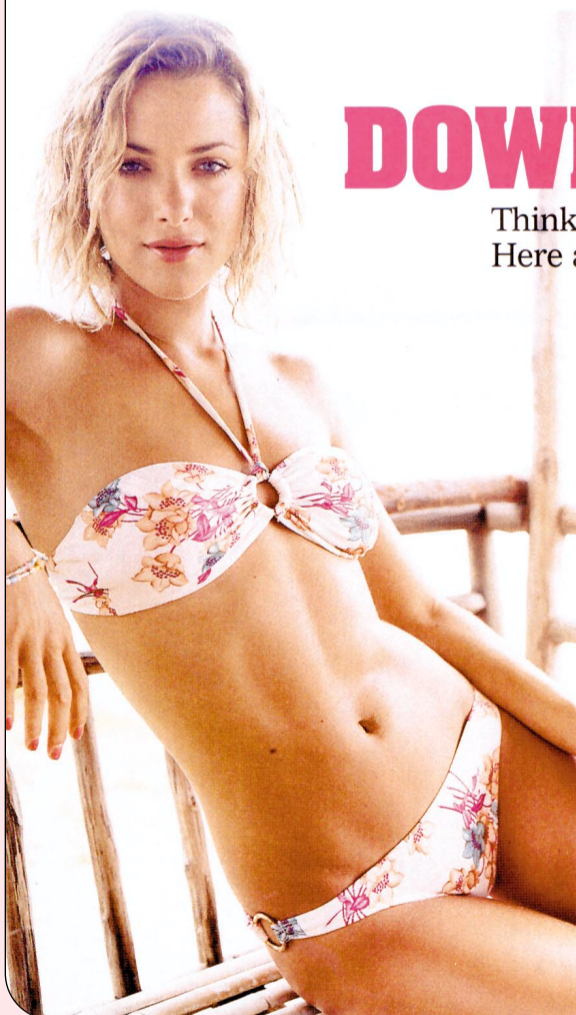


*body & bliss

Worship your figure, enjoy your food & look after number one



NO HAIR DOWN THERE

Thinking about laser hair-removal?
Here are some things to consider.

Lisa Sullivan, registered nurse at The Clinic in Sydney, says using a laser is quickly becoming one of the most requested salon beauty treatments. "Mums are bringing in their daughters for laser removal instead of waxing," she says. The most commonly zapped spots are underarms and the bikini line (some clinics even offer Brazilians now). According to Sullivan, it can take four sessions to blitz all active hair growth cycles. But starting at \$110 (for your upper lip) a pop, what benefits do you get? Well, no more ingrowns, and hairlessness that's been proven to last at least ten years. But Sullivan recommends doing your research first: "Ring around and ask for free consultations. Ask how old the lasers are. Newer ones are more effective on darker skins. Inquire if the treatment is being done by a medical professional, and whether they've done a laser safety course."

Splurge VS Steal

Using a body scrub
twice a week will leave
your skin smooth, shiny
and sexy all over.



■ Clinique Sparkle Skin
Body Exfoliating Cream, \$50.



■ L'Oréal Paris Body
Expertise Exfotonic, \$18.

