

Style

NEXT STEPS

NO TURNING back

ELECTROLYSIS An electrical current permanently stops your unwanted hair.

KEY TAKEAWAY The best high-tech hair-removal method, electrolysis works well on women with either light or dark hair, so it's a good option for those who aren't good laser candidates; see below for details.

COST Most licensed pros charge about \$70 per hour, but the cost varies with the size of the area; the number of treatments needed (usually several) depends on the patient.

LASER HAIR REMOVAL In 2009, Americans spent a whopping \$481 million on this treatment, in which a laser uses light energy to permanently destroy hair, leaving it unable to grow.

KEY TAKEAWAY Be sure to book your appointment with a professional who has a certification in laser hair removal. If you have dark hair and skin, you're a good candidate for laser hair removal. If you have light hair and skin, you're not a good candidate. If you have dark hair and light skin, you're a good candidate for electrolysis. If you have light hair and light skin, you're not a good candidate. If you have dark hair and dark skin, you're not a good candidate. If you have light hair and dark skin, you're not a good candidate. If you have dark hair and light skin, you're a good candidate for electrolysis. If you have light hair and light skin, you're not a good candidate. If you have dark hair and dark skin, you're not a good candidate. If you have light hair and dark skin, you're not a good candidate.

with fair skin (which is at risk of scarring), and dark hair (which is the most receptive to the laser). "Having a treatment with the wrong laser will either leave you with the unwanted hair or increase your risk of burn or scarring," says Mitchell Chasin, MD, medical director of Reflections Center for Skin and Body in Livingston, New Jersey.

COST Big bucks required! Expect to pay \$150 to \$500 per treatment, depending on the area.

EXCESS HAIR & HORMONES

Wondering why your hair is suddenly increased in growth? Excess hair growth, or hirsutism, can occur when there is a high level of male hormones in the body. Dr. Amy Chiu, MD, a dermatologist at the Mount Sinai Health Medical Group in El Segundo, California, says hirsutism is a common side effect of polycystic ovary syndrome (PCOS), which can bring on irregular, too-frequent, or too-heavy menstrual cycles. Dr. Chiu says that if you have PCOS, you should see your doctor for treatment.

Weight Watchers

Eat, Drink, Enjoy LOSE

STOP WEEKEND OVEREATING

TAME THE CLUTTER!

Chicken 24/7 EASY RECIPES

Friends & Family Inspiration Special!
MOTHERS, DAUGHTERS, GRANDMOTHERS, GUYS, CO-WORKERS, COUPLES

813 LB GONE IN ALL

U.S.A. \$3.99

WeightWatchers.com

Weight Watchers

Discover how to lose weight with the Weight Watchers® scale.

Weight Watchers

To learn more about Weight Watchers® scales, go to www.weightwatchers.com