

### Waxing the Answer for a Smooth Summer! *By Hannah Garcia, Aesthetician*

With summer's arrival, many of us come out of hibernation and begin to show more skin than we do during the winter months. With shorts, skirts and sleeveless tops (or bathing suits) becoming the go-to wardrobe selections, the first thing you may notice is the amount of hair you've grown on your legs and elsewhere. Before hitting the pool or beach, it's time to get smooth again...it's time to wax! Sure, you're thinking, "why should I get a wax when I can just shave?" Here are the benefits of waxing:

- It pulls the hair from the root, making the hair follicle less noticeable and the grow-back much slower.
- It removes the top layer of dead skin cells, making way to smoother healthier skin.
- You can't cut yourself.
- When done correctly, it won't cause a rash or painful burning, like razor burn.
- Shaving is one less task to be completed in the shower.

Whether it is the legs, eyebrows, upper lip, underarms or someplace a little more intimate, waxing is great for longer lasting hair removal. The time

between waxing usually gets longer because continual waxing thins the hair so less grows back. That being said, it's important to understand that waxing is not a form of permanent hair removal. Here are answers to a few common questions about waxing:

**Q: I've never had a wax before, is it okay to start now?**

**A:** Absolutely! For men and women of all ages, it's a great way to remove unwanted hair.

**Q: How long does the hair need to be to get waxed?**

**A:** At least 1/4 inch so the wax can grab the hair.

**Q: Do I need to do anything to prepare for my wax?**

**A:** No. Everything is taken care of at the appointment.

**Q: How old do you have to be to get waxed?**

**A:** I will wax clients of any age, however, if the client is younger than age 18, I do require parent or guardian approval.

**Q: How long will my wax last?**

**A:** Usually your wax lasts anywhere from 2-4 weeks but everyone's rate of growth is different so results will vary.

**Q: Does it hurt?**

**A:** It depends on your tolerance for discomfort. If you keep up with your waxes, the pain response will dull over time. However, I will make it as comfortable as possible for you every time.

Waxing isn't just about getting rid of unwanted hair – it's about treating and pampering yourself. I take great pride in my waxing services and pay very close attention to detail. My clients know that their comfort and satisfaction are essential to me. Call 602.396.2114 now to book your waxing services.

#### What is an Aesthetician?

Aestheticians are state licensed cosmetology professionals who perform non-medical skin care services. Thunderbird IM is proud to welcome Hannah Garcia to our team. As a trained and experienced aesthetician, she assists clients with waxing, facials, chemical peels and microdermabrasion. She is also available to answer questions about skin products and the cosmetic injectables offered by Dr. Bird.

#### Locations:

Thunderbird Internal Medicine – Glendale  
5620 W. Thunderbird Rd #G-2  
Glendale, Arizona 85306

Thunderbird Internal Medicine - Phoenix  
9150 W. Indian School Rd #118  
Phoenix, Arizona 85037

Cosmetic Dermatology: 602.396.2114  
Medical Dermatology: 602.938.6960

### Summer Special!

The seasonal Dark Chocolate Coconut Macaroon Facial comes with the amazing scents of coconut and chocolate with none of the calories! Coconut and papaya enzymes dissolve dead cells revealing soft, healthy skin. To make it even more enticing, purchase any facial and receive a free eyebrow wax. Both must be completed at the same visit by September 30th, 2016.