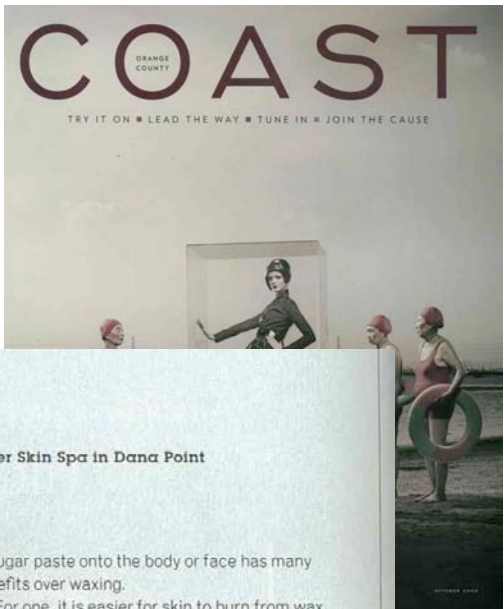
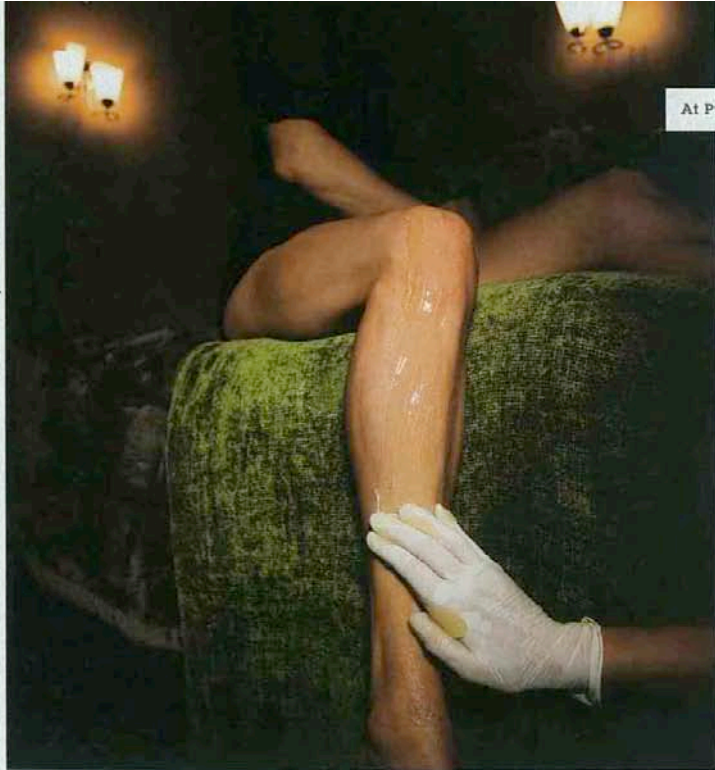


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BEAUTY



RALPH PALLINBO

At Pure Clover Skin Spa in Dana Point

## GIMME SOME SUGAR

THIS ISN'T SUGAR  
FOR YOUR TEA  
— IT'S FOR HAIR  
REMOVAL.

If my calculations are correct, I spend roughly 35 minutes out of every week removing unwanted body hair. A lifelong shaver who can't stand even a day's growth, I shave day after day in the mythical pursuit of smooth, soft, hairless skin.

I've avoided waxing because it not only requires me to grow hair out, but just seems a bit too hard on the skin for my taste. So, when I recently heard about an alternative to both shaving and waxing, in the form of something as innocuous as sugar, I was more than intrigued.

"Sugaring techniques date back to Cleopatra's day," says Catherine Moalemzadeh, owner of Skin So Sweet. "It is an age-old tradition that dates back to centuries ago and is a popular technique in households in the Middle East, where they actually cook the paste in their own kitchens."

Though sugaring products may vary, depending on manufacturer or recipe, the traditional sugaring paste includes water, lemon juice and sugar to create a gooey substance with honey-like consistency. Like waxing, sugaring results can last up to about a month and frequent treatments can lead to less hair growth over time. But sugaring proponents like Moalemzadeh — an esthetician for 12 years who started introducing sugaring to her waxing clients three years ago — say the traditional sugaring method of applying a malleable palm full

of sugar paste onto the body or face has many benefits over waxing.

For one, it is easier for skin to burn from wax that has been overheated, according to Julia Davis, owner of The Sugar Shack in Tustin and an esthetician for six years. Sugar, on the other hand, must be applied at a lukewarm temperature or it doesn't work effectively.

Esthetician Mary Clover, who recently opened Pure Clover Skin Spa in Dana Point and offers sugaring, says the sugar paste — which is applied against the direction of hair growth and flicked off in the direction of the natural growth pattern — attaches only to hair follicles and dead skin cells, and doesn't remove deeper layers of skin like wax.

"So it can be reapplied to remove all the hair; while waxing is hot, attaches to the hair and live skin tissue — ouch — so it can only be applied once a session to the skin," says Clover.

The potential benefits that caught my attention were that sugaring can hurt less than waxing and that you don't have to wait until you look like Bigfoot to have hair removed. Davis says she tells shavers to let the hair grow out for eight to 10 days rather than the typical three to four weeks required for waxing. And she says that sugaring isn't pain-free, but can be less painful. Factors like hair being too short and having coarser hair can increase pain.

After two sugar treatment adventures, I came to the conclusion that I would try it again. Having no real experience with waxing and falling into the "coarse hair" category, I felt more pain than anticipated.

But I like the idea that something as simple as sugar can do the job. And it beats shaving every day. — JESSICA PERALTA

### FEEL IT

But before you do, see our sugaring vs. waxing video at [coastmagazine.com](http://coastmagazine.com).

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