

# Body Hair

## What to expect

Whether you like it or not, you are going to get hairy. Growing body hair is a guarantee during puberty.

How hairy and where you grow hair depends on how hairy your parents are and whether you are male or female. But no matter who you are you are going to grow some. You will grow hair under your armpits, on your vagina and even some girls will grow facial hair. The hair on your arms and legs will become thicker and darker.

Some girls don't like to have hair all over their body so they remove it from under their arms, their vagina, their face (upper lip) and legs. It's your choice, how and what you choose to remove. You could:

**“It's your choice, how and what you choose to remove”**

### Shave

Using a razor cuts the hair away at the surface of the skin so it only lasts 1-3 days. It's cheap and easy to do but your hair will grow back darker and thicker. Remember to always clean your razor after shaving and never lend or borrow a razor; this spreads germs!

**Tip:** Shave in the opposite direction to which the hair grows and use soap or shaving cream/lotion.

### Waxing

A sticky wax is spread on the area of skin where the unwanted hair is growing and then pulled off quickly, taking the hair root with it. Hair only grows back after 3-6 weeks. It can be done at a salon or at home but waxing is best done by a professional!

**Tip:** For waxing to work, hair should be at least 6 millimetres long so skip shaving for a few weeks before waxing.


### Plucking

Use tweezers to pull out hairs one at a time. This is best for stray hairs and your eyebrows. It can be done by yourself or a beauty therapist.

### Hair removal creams

These creams remove hair from the skin's surface by burning the hair away. It is easy to use but can leave you smelling funny. Make sure to follow the directions very carefully! The creams can be very irritating for some skins.

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