

# Women's Health

## What's the Best Body Hair Removal Method for You?

Should you shave, sugar, thread, or splurge on a laser treatment?

 BY GRACE GOLD OCT 12, 2015



**If you're willing to splurge and just want the best possible results:** See a board-certified dermatologist for laser hair removal with the [Candela GentleMax Alexandrite](#) and GYag laser. "It has two lasers in one machine, so you can achieve the best results, regardless of skin color," says Jegasothy. It's best done under the supervision of a doctor

since the technology is strong and adverse [hyperpigmentation](#) (or darkening of skin) can occur if not handled correctly. Expect three sessions on average (cost averages a few hundred per treatment), then once every year or two for maintenance.