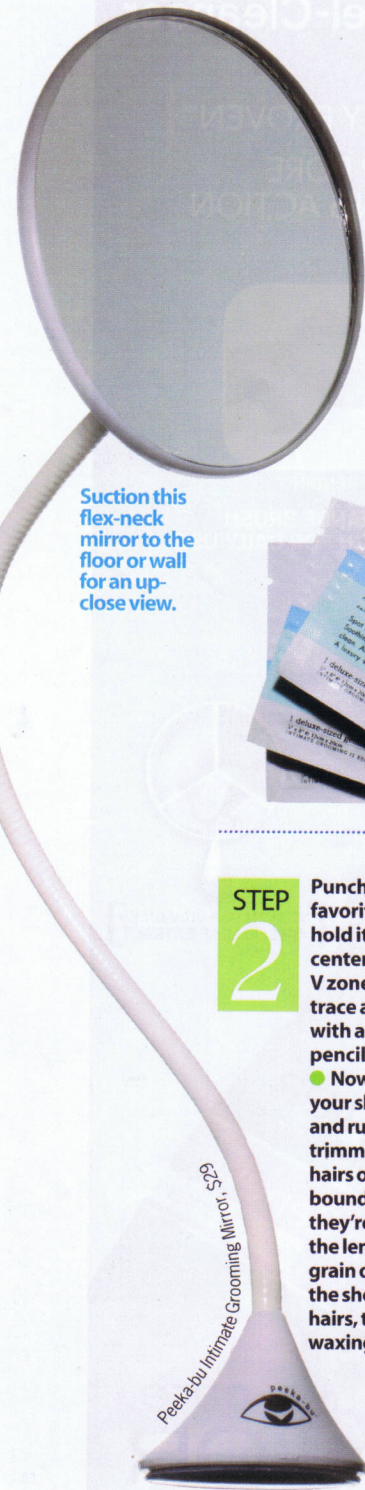


Add Some Down-There Flair

Use our DIY tips and handy stencils to trim your bikini line in the most pain-free way possible.

Taking two OTC pain relievers an hour before a wax will mix the ouch factor.

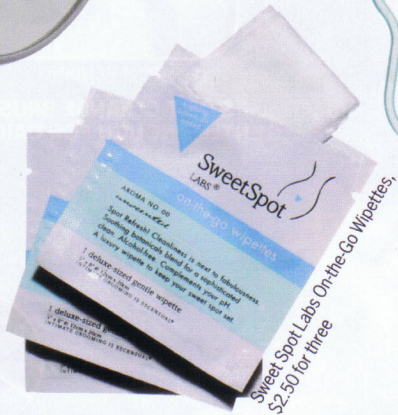


Suction this flex-neck mirror to the floor or wall for an up-close view.

Peeke-bu Intimate Grooming Mirror, \$29

STEP 1

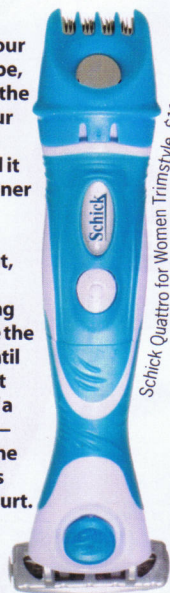
Cleanse the area with a towelette to remove bacteria, which can cause bumps and irritation.



SweetSpot Labs On-the-Go Wipettes, \$2.50 for three

STEP 2

Punch out your favorite shape, hold it up to the center of your V zone, and trace around it with an eyeliner pencil. Now hold your skin taut, and run a trimmer along hairs outside the boundary until they're about the length of a grain of rice—the shorter the hairs, the less waxing will hurt.

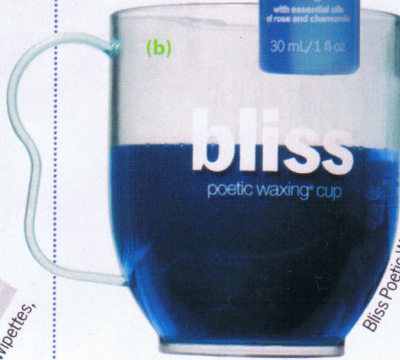


Schick Quattro for Women Trimmer, \$11

STEP 3

Pick up a waxing kit (like the one from Bliss, shown above) that includes skin-soothing oil (a). Dab the oil on the just-trimmed area. It will help the wax come off less painfully. Place the cup of wax (b) in the microwave, and melt at 30-second intervals. Between each, stir with a wooden applicator stick (included in the kit). The wax is ready when it is the consistency of melted caramel and warm, not hot (test it on your inner wrist). Wax the upper areas that border your shape as well as your inner thighs. Apply a layer (as thick as a strip of taffy; determine length and width based on your comfort level) with a stick in the direction of hair growth. Let wax cool until no longer sticky (about 20 seconds). Holding the skin around the wax taut, grip the edge of the wax, and swiftly pull it off in the direction opposite the one in which you applied it.

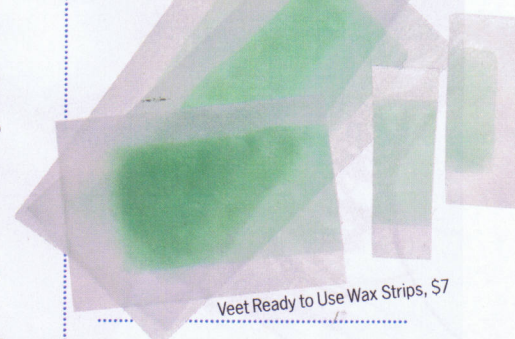
SOURCE: WENDY ALLRED, EDUCATION MANAGER OF BLISS SPAS



Bliss Poetic Waxing Kit, \$45

STEP 4

Cut down wax strips to remove small areas of hair (right around the shape, plus on your lady bits). Rub a strip between your hands to melt the wax, then peel it apart (you'll now have two usable strips). Place one wax-side down. Rub your finger down the strip a few times in the direction of hair growth, hold the skin around it taut, then pull it off going the opposite way. Continue this process until the entire area is hair-free (you can always use the trimmer on too-sensitive areas). Rub away any waxy residue with the oil.



Veet Ready to Use Wax Strips, \$7

STEP 5

For the next few days, apply an anti-ingrown cream that has glycolic acid onto clean, dry skin. It exfoliates so hairs don't get trapped below the surface.



Shobha Ingrown Relief Lotion, \$22