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Insider secrets for natural beauty

Q | I am self-conscious about baby-fine hair that began to grow on my chin about a year ago. What do you recommend I do to get rid of it?

- Olga, Toronto

A | Dear Olga,

There are many options for removing unwanted hair; however, in the case of baby-fine hair, I suggest electrolysis. As the hair is fine, temporary methods of hair removal such as tweezing and waxing will stimulate the growth and only cause more of a problem. If the hair is dark, you might consider a gentle bleaching agent to lighten the hair while deciding on a more permanent solution. Laser is another option, but it is usually not as effective on fine hair, and if it is light in colour, not effective at all. Electrolysis is the only method of permanent hair removal and it's especially suitable for facial hair. A planned program of regular treatments, usually once a week to start and then spaced according to the growth cycle, will result in the hair gradually become finer until it no longer grows. Find a technician experienced in the procedure to ensure optimal results and safety. ♥

Q | What can I do to reduce acne scars on my face? I had Fraxel last year and I've been using Trilogy rosehip oil, but the scars are still visible.

- Lucy, via email

A | Dear Lucy,

Fraxel laser has shown to be very effective in treating acne scars. I don't know how many treatments you completed, but an effective treatment plan is three to four sessions about two to three weeks apart. Results are usually visible in about two to three months with gradual improvement up to a year. I have also seen an improvement in acne scars with the use of cosmetic acupuncture when the scar is directly treated. Continue to use the rosehip oil because it has potent cell-regenerating and wound-healing properties. It is important that you use sun block daily to ensure that you do not damage the new healthy skin and to avoid darkening the scar tissue. Eating a healthy diet especially rich in antioxidants and supplementing with vitamin C and minerals such as silica and zinc will increase the rate of tissue healing. Most of all, treat your skin gently and be patient because it takes time for scars to fade. ♥



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