

# Happy V Day

This Valentine's day, treat your lady bits to some unconventional grooming and pampering methods – because they deserve a little TLC too.



## Sugar(ed) Virgin Brazilian

Women, it seems, are willing to put themselves through anything in the pursuit of beauty. Take Brazilian waxing, for example: slathering hot wax on your nether regions and ripping your hair off sounds more like a medieval form of torture than a grooming session. So what's a girl to do if she wants fuzz-free skin – minus the psychological trauma?

Enter sugaring: an all-natural hair removal technique that is purportedly less painful than waxing. As a pioneer of body-sugaring in Singapore, Sugar(ed) offers a variety of treatments, including the Virgin Brazilian that caters for nervous first-timers like myself. Lucky for me, I was placed in the capable hands of Sugar(ed) founder Jasmine, who talked me through the entire process while she briskly sugared away. To begin, she prepped my skin before spreading a warm sugar paste over the area. Thirty minutes and a few quick tugs later, the hair was gone and my skin felt incredibly smooth. Pain-wise, it was surprisingly bearable. I felt a stinging sensation with each tug but they quickly subsided, thanks to Jasmine's calming touch. With the hard part over, the final step was a Hungarian mud mask to soothe the skin and cap off the session on a relaxing note. The final verdict? Minimal pain; baby smooth skin; stellar service: consider me a Sugar(ed) convert. Whether you're a seasoned customer or a first-timer, sugaring is the way to go for all your hair removal needs. – *Shairah Thousfeekh*

**Head to:** 733 Bukit Timah Road (tel: 6816 6288) or 79 East Coast Road (tel: 6816 6530)

## Strip Rosebud Vajuveneration

There's no fighting gravity; everyone needs a little lift sometimes. Now, apart from the regular facelifts and body sculpting treatments, you can also perk up your Brazilian area. Promising zero downtime, hair-removal expert Strip has introduced the Rosebud Vajuveneration as a non-invasive, non-surgical alternative to labiaplasty, and recommends it as a post-wax or post-IPL treatment.

Essentially a facelift for the vagina, a high-performance Thermal O2 Technology is used to penetrate the dermis layer and heat skin tissue, which contracts collagen fibres and creates an immediate tightening and lifting effect. My therapist Linda started by applying cream to my skin, then rolled a small hand piece on the right side of the area for 10 minutes so I could compare the results. Initially doubtful, I was surprised to see that area was noticeably plumper than the untouched side. And it felt just like a relaxing massage; the sensation was that of a mini warm vacuum going over the skin – totally painless. However, after the Vajuveneration was complete and my therapist applying a cooling mask to the area, it was time for the Thermal Shape tummy firming treatment. This is part of the session, and heads up: it hurts. Linda warned that it would be as painful as getting a gua sha (Chinese skin scraping) massage and, sensing my fear, offered to lower the level of intensity if necessary but added that it might not be as effective. I gamely told her to go ahead as planned. As soon as she started rolling the slightly larger hand piece over my stomach, my jaw dropped and my hands balled into fists. The vacuum here was much more powerful and it felt like I was getting pinched repeatedly, hard. But I endured and by some miracle made it through.

Somewhere around the halfway mark, my skin started to numb to the pain but the next day, I had two light bruises on both sides of my waist. As for whether my stomach was any flatter or firmer, it's hard to tell with just one session but those with a higher pain tolerance might find better results with repeated treatments. Similarly, for the actual Vajuveneration, though it really does work after just one session, follow ups are required for more lasting effects. – *Annabel Tan*

**Head to:** Paragon Shopping Centre #05-08A (tel: 6836 4874) or Wheelock Place #05-04 (tel: 6724 0040)

