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bestself atlanta

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Special Reminder
September is Prostate Cancer Awareness Month

Your self-improvement journey starts here.



with Alethea Tinkle

Ask the Laser Skincare Specialist

How does laser work in the skin?

Most skincare lasers work photo thermally to create a lasting change. With light, heat and energy, undesired skin issues can be resolved.

Is laser safe?

Yes! Lasers give off zero radiation and do not go systemic. It is safe for kids, teens and adults.

Does laser skincare hurt?

No. If the proper laser & laser settings are used, there should be minimal discomfort. Plus we utilize a numbing air spray called a zimmer to cool the area down while treatment is in progress.

What is the most popular laser procedure in Atlanta?

IPL photofacial, also known as the "no makeup" laser. This treatment is perfect for all skin types for tightening and brightening. IPL, or Intense Pulse Light, removes brown spots, veins, acne and scars. The typical IPL session runs around \$175.



4603 Wieuca Road, Atlanta GA 30342
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best beauty

Hair, skin, nails and more

The Lowdown on Sugar Waxing

Sugaring is a 100 percent all-natural, gentle and painless waxing technique for anyone looking to be hair-free.

Benefits include:

- Less irritation, pain and breakage
- Fewer ingrown hairs and is a great skin exfoliant
- Removes hair and dead skin cells with little or no discomfort
- Better sanitation as bacteria won't breed in sugar

This technique is available at Sweet Peach Wax & Sugaring Studio in Virginia Highland. \$25 for a bikini wax. (404) 771-7154. www.sweetpeachwax.com



Taming Hair

The Depilar System can be added to your next waxing or tweezing service as a post-treatment after your initial hair removal service.

Benefits:

- New and improved formula using enzyme-based technology
 - More effective at getting those hard to reach hair follicles
 - Decreases ingrown hairs
 - Discourages future hair growth
- Available at Radiance Medispa Atlanta, 2810 Paces Ferry Road, Suite 206, Atlanta, GA. (770) 435-7700

3 Reasons To Try Snazzy Lites

Snazzy Lites was created by Atlanta-based company Gorgeous Strandz, Inc. They are a fun way to add a pop of color to your mane. \$11.99

1. **Treat it like it's your own.** You can curl, straighten and braid them just like you would with your own hair.
 2. **100% human hair.** These extensions blend in with your hair and add a little flare.
 3. **Temporary for a night.** No need to dye your hair, as these extensions just clip in and out.
- www.snazzylites.com



Photo courtesy of: Snazzy Lites (bottom)