

sex talk.

answers to your questions about sex and relationships

wildfact

“Come and get ‘em!” Free Condom Friday from 12-2pm at Campus Health’s 3rd floor Health Promotion & Preventive Services office.

Q Are “Brazilian” waxes safe/healthy?

A. Yes, when done correctly under hygienic conditions, whether by a professional in a fancy salon or by you at your place. Whenever it comes up, talking about “down there” is always interesting. While this is definitely not dinnertime or Facebook conversation, lots of people want to know about how to take care of their pubic hair. Some people prefer the “natural look” and don’t do a thing to their pubic hair, while others like to groom, trim, and style below the belt.

Our “furless” readers know that a Brazilian is when **all** pubic hair is removed (more frequently done by women than men). Hot beeswax, sugar, or other products are used to stick to and grab the hair. Clean strips of cloths are applied then quickly pulled to rip the hair off the body. Ouch! If all goes well, the pain is short-lived and the hair takes weeks to grow back.

Tips for the safest waxing:

- whoever does the waxing should follow sanitary practices like wearing gloves and cleaning the area to be waxed.
- make sure that a new batch of wax (or a new applicator) is used to avoid transmitting any

viruses or bacteria to you from a previous user or client. Could this be where the phrase, “Mind your own beeswax” came from? Nah.

- irritation and pain may be helped with ice, a cool bath, and/or ibuprofen.

Other options include shaving and hair removal products like Nair. For those who prefer to shave, it’s best to do it in the shower after the hair and skin have a chance to moisten. Use shaving cream or hair conditioner (not irritating, drying soap) and shave in the direction that the hair grows. Hair that grows back after a shave will have a blunter tip and may be irritating.

Although the function of pubic hair isn’t crystal clear, it seems to be linked to (sometimes unnoticeable) pheromones – sexual scents that may attract or repel potential partners.

For more excellent info on body hair, check out “goaskalice.columbia.edu”.



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