

Choosing the Right Hair-Removal Method: Shaving, Waxing & Laser

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Removing unwanted body or facial hair has evolved into a key part of grooming and self-care. Whether for comfort, aesthetics or cultural reasons, many people explore different methods—from shredding hairs at the surface to targeting the follicle. Yet, each technique comes with trade-offs in convenience, cost, speed and side-effects. An expert overview reveals how to pick wisely.

Method by method: How they compare

Shaving

This remains the most accessible route. It cuts hair at the skin surface using a razor, often done at home. Experts say it's pain-free for most, but regrowth is rapid and frequent maintenance is required.

Pros: inexpensive, quick, easy

Cons: Hair grows back in days; risk of razor burn, cuts or ingrown hairs

Waxing

Waxing removes hair from the root by applying a sticky wax that is pulled off, carrying hair out. The results last longer than shaving — often weeks — but can be painful and require hair of a minimum length.

Pros: longer smoothness; potential hair density reduction over time

Cons: discomfort; possible skin redness, ingrown hairs; more expensive than shaving

Laser / IPL / High-tech treatments

Lasers (and IPL/SHR technologies) target the hair follicle with light or heat, aiming to reduce regrowth significantly over time. These methods are investment-heavy but can deliver longer-term results.

Pros: longer-lasting outcomes; fewer sessions over time; good for hair-reduction

Cons: higher cost; multiple sessions needed; best suited for certain hair/skin types

Expert tips: what dermatologists recommend

According to board-certified dermatologists:

- There is **no one “best” method for everyone**—the ideal choice depends on hair type, skin sensitivity, budget and how long you want smoothness to last.
- For those with frequent ingrown hairs or allergic reactions to waxing or creams, laser hair-reduction may be preferable.

- Before adopting creams or at-home methods, a **patch test** is crucial to avoid irritation or allergic responses.

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