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Body hair is one of those things that you wish you could snap your fingers and POOF.. it's gone. However, it's not that easy. Removing hair from its follicle can be incredibly painful. Shaving is a painless option with a quality blade, then comes the razor bumps and ingrown hairs when it's time for the hair to grow back out. Not to mention the toxic ingredients in the hair removal products you can find on the store shelf. There are some more natural ways to remove hair from the body from women and men. Each of the ingredients in these methods can be eaten! Give these 3 natural ways to remove body hair a try before reaching for your razor, chemical hair removal product or regular wax.

Lemon, Sugar & Water

This hair removal process is called sugaring. Natural ingredients are combined to create a wax that pulls the hair out of its follicle. Here are the ingredients you will need and measurements:

- 200g of sugar
- 60ml lemon juice
- 60 ml water
- Cornstarch/baby powder

That's right. You will only need lemon, sugar and water for this natural hair removal cocktail.

Steps:

- Add the sugar, water and lemon to a saucepan on the hob, and stir to combine. Begin to heat, slowly bringing the mixture to a boil.
- Once it boils, simmer the ingredients on a low to medium heat, stirring frequently. Once the mixture has turned golden brown in color, it's time to remove the pan.
- Pour the ingredients into a jar and leave to cool for around 30 minutes.
- Pat the area with cornstarch or baby powder to absorb moisture and prep the skin for sugaring.
- Make sure the area of skin you want to remove hair from is clean and dry.
- Spoon some of the wax into your hands, and roll it into a ball and begin spreading the sugar wax
- Let it sit for a minute, then lift a corner of the sugar wax (enough to give you a good grip).
- Get ready...and rip the wax off in the opposite direction of your hair growth. You're going to use the power of your hand and wrist to flick the wax in this direction.
- Post-waxing, clean the area to remove any residue.

Papaya & Turmeric

Papaya is not only delicious, it's a great ingredient for unwanted body hair. The enzyme "papain" helps to expand the hair follicles and cause them to naturally fall off. However, this method works over time. Just like papaya, turmeric's enzyme "curcuma" works in reducing hair gradually. It's not a quick hair removal fix. Here are the ingredients you will need and measurements:

- 1-2 tbsp mashed, raw papaya flesh
- 1/2 tsp Turmeric powder

Steps:

- Mix together the papaya and turmeric to form a paste.
- Rub onto the skin liberally, massaging the mixture in so it reaches hair follicles.
- Leave for 15 minutes.
- Wash off with water.
- Repeat regularly to see a reduction in hair growth (2-3 times per week).

Egg White & Corn Flour

What if I told you that you can remove body hair with eggs? When egg white dries, it creates a white film that is perfect for hair removal. This mixture is more gentle than the sugar wax. Here are the ingredients you will need and measurements.

- 1 egg white
- 1 tbsp sugar
- 1/2 tbsp cornflour

Steps:

- Mix the ingredients together to combine, then apply a thin layer to clean, dry skin.
- Leave the mixture to set on your face (around 15-20 minutes). It should form a film.
- Begin to peel the mask off from the outside in. The mask will not only extract impurities, but it will also lift light facial hair.

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