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her supernatural
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10 SUPER EASY WAYS TO
**LOOK
YOUNGER
FAST!**

truth.

crazy beauty

QUESTION

LONG, DARK HAIRS ARE POPPING UP IN WEIRD SPOTS. WHAT'S GOING ON?

It can be startling and embarrassing to find random hairs popping up in places you wouldn't expect them, like on your chin, nose and toes. Turns out it's quite common, especially as you get older. Here, get the scoop on why it happens.

WHY IT'S HAPPENING

1

It could be a harmless gene mutation
If you randomly find one long, dark hair on your chin, nose, toes or breasts, it may be that a single hair follicle diverted from its normal path. Atlanta dermatologist Dr. Angela Love Bookout says, “The growth phase in a hair's lifecycle determines its characteristics, such as its length and diameter. At any point, a gene mutation of a single follicle, due to trauma or environmental influences, can result in a longer, darker hair. And, once it has mutated, it will continue to grow that way.”

2

It may be related to your hormones
New York dermatologist Dr. Debbie Palmer says that women in their 40s or 50s often experience hair growth in areas they hadn't previously. “Androgens (male hormones), specifically testosterone, are responsible for the changes,” she explains. “Estrogen levels decrease during menopause, creating a disruption in the balance between estrogen and testosterone that can cause hair to grow darker or longer.”

WHAT TO DO ABOUT IT

Pluck individual hairs or use a depilatory

“Plucking a random hair may work better than shaving it because there is typically a longer time for regrowth when you pluck,” says Dr. Palmer. Depilatory creams are another effective solution, as they work to dissolve hair at the skin's surface without any pain. Some depilatories also reduce the density and length of the hair so that it grows back lighter, shorter and less frequently.



Completely Bare Facial
Moisturizer & Hair
Inhibitor, \$10, [ulta.com](#)

See a dermatologist

If DIY methods aren't producing the results you hoped for, it may be time to see a doctor. “Some at-home hair removal systems aren't advised for those with certain hair or skin colors, but a dermatologist has access to different tools and technologies,” says Dr. Bookout. “For lighter skin types with dark hair, I suggest the BBL laser, and for darker skin types with dark hair, the Nd:YAG laser. Both will permanently reduce unwanted hair.”



La-tweez Illuminating
Tweezers, \$26, [latweez.com](#)

Try an at-home hair removal device

If you're looking for a more permanent answer, Dr. Bookout suggests laser hair removal, which she says is considered the gold-standard for those with darker hair. “The advent of FDA-approved, do-it-yourself laser and light-based hair removal systems has made these pesky hairs easier to treat on your own at home. I consider these systems safe as long as you follow the manufacturer's directions.”



LumaRx IPL Hair
Removal Device,
\$379, [nordstrom.com](#)