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« A Boston Boy in Paris...

Thready or not?

If there's one thing I always urge my friends, family and co-workers to start doing - it's THREADING. If you're sitting on your couch and was trying to schedule a time in the next few weeks where you're going to get your eyebrows or lip hair or whatever hair waxed or plucked - **STOP WHAT YOU ARE DOING RIGHT NOW!** Threading has changed my life. It's hygienic, healthy for your skin, precise, long-lasting and really the best way to deal with facial hair.



Threading is an ancient method of hair removal which originated in India but has spread throughout the Arab world and is now gaining popularity in Western countries. It is a pretty simple procedure and only requires cotton thread. The cotton thread is twisted and rolled along the surface of the skin entwining the hairs in the thread, which are then lifted quickly from the follicle. It is more precise than waxing or plucking and allows for better lines - because entire rows of hair can be removed at one time. It's also great for people with more sensitive skin - because the top layers of skin are not stripped or traumatized.



I began getting my eyebrows threaded around age 15 when I was living (and growing up) in New York City. I'm extremely sensitive to pain but I've never had a freakout when getting threaded. Hair removal is never pleasant - but this is minimal compared to waxing or laser or electrolysis - trust me. And, the results are sooo much better! Actually - the technique is so effective that reality star Kim Kardashian (who is of Armenian descent) gets her eyebrows threaded!



(AP)

Although there are tons of salons entirely devoted to threading in NYC - it's not terribly easy to find a good spot in Boston. On the upside however - since it's a trend that is growing steadily in popularity - there are more and more salons offering the service. Below - I'm giving you my picks for the best spots to get your babies done in Boston.

1. *The Threading Spa* (\$12-15)

With locations all over Boston - The Threading Spa is one of the most consistent threading places I've been to in Boston. And, when it comes to threading, consistency is crucial. With locations in Braintree, Natick, Saugus and Cambridge - The Threading Spa sets itself up in malls where there is steady foot traffic. Although sometimes the salons themselves are mall pagodas with limited privacy - the end result is worth it. Their aestheticians are top-notch - with the ability to do a set of eyebrows in less than ten minutes with very little pain.

2. Naz Kupelian Salon \$25-35

Tamara and Demetria are both great! They do the job when it comes to taming unruly brows. Although the services are a little expensive - if you live near Lexington - you will get addicted fast! In addition the the basic threading - the staff is careful to go over their work with tweezers to make sure they get every single hair out.

3. Leeba Salon \$18 and up.

With convenient locations throughout the Boston metro area - Leeba Salon is consistent although you have to make sure you tell the staff what you want. Don't be embarrassed. Be forward. Make sure you let them know if you prefer your brows thicker, fuller, thinner, longer or whatever.

If you have other places to add to this list - don't be shy! The more the merrier!



UPDATE: Today - I got my eyebrows threaded at "The Threading Spa" at the Cambridge Galleria. Not only was it virtually painless and so amazing but check out my cleaned up brows below: