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# twiist

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Is This Normal?

# Help! Am I supposed to have hair there?

From shaving to waxing, **twist's** expert has the solution to all of your hairy problems!

**S**ure, you're used to grooming the hair on your head, but what about the hair on the rest of your body? Once you start going through puberty, you'll start to notice that it's showing up under your arms, between your legs and even on your face! Grossed out? Don't be — it's totally normal. Keep reading to see what N.Y.C. dermatologist Dr. Amy Wechsler, wants **twist** girls to know about body hair! ❖

❖ "I definitely shave my legs and I put baby oil on afterwards so they're silky smooth," Julianne Hough says.

## Underarm hair

**Q:** Why do girls have to shave their armpits anyway? Boys don't! — Shannon, 14

**A:** If you do not want to shave your underarms you do not need to! But it has become the "norm" for women and girls in the USA.

**Q:** How often do I have to shave my armpits and will shaving them make me sweat more? — Candice, 13

**A:** No, this won't make you sweat more. Armpit skin can be sensitive, so try shaving it every other day if you can to avoid irritation.

## Leg hair

**Q:** My mom doesn't want me to start shaving yet, but I'm ready to! How do I convince her to let me? — Ellie, 13

**A:** There's no such thing as the best age to start shaving. If you're ready, but your mom wants you to wait, try having a conversation with her. Explain how you feel and why you want to start shaving. Once she hears your reasons, she'll likely be more understanding about it.

**Q:** How many times a week should I shave? Is it bad to shave my legs every single day? — Gabby, 13

**A:** Shaving everyday isn't bad as long as you change your blade regularly, your skin's not getting irritated and you moisturize after.

**Q:** I always get cuts when I shave my legs. How can I prevent those? I bleed so much! — Becca, 15

**A:** Be sure that you're using a new razor, as that may help, and avoid pressing down too hard when you shave or going over the same area more than once. Using shaving cream can help, too!

**Q:** Razor burn is the absolute worst! What causes it and how can I get it to stop? — Tiffany, 15

**A:** Razor burn is a form of an ingrown hair and that happens when the hair curls underneath the skin. Exfoliation can help with razor burn, as well as using a new razor blade and not shaving too often.

**Q:** I have pimple-like bumps on my legs after I shave! What are they? — Emille, 13

**A:** Bumps that appear after shaving and look like a pimple are caused by inflammation of the hair follicle. Applying an antibiotic ointment like Neosporin can help ease the pain.

## Facial hair

**Q:** Some people tease me and say that I'm growing a mustache because there's a dark line of hair above my upper lip. How do I get rid of it? It's embarrassing! — Mae, 15

**A:** It's not uncommon to have hair on your upper lip, so don't feel uncomfortable or like something is "wrong" with you. One



solution is to have the hair on your upper lip waxed, this is something that many girls do. You can also bleach it with a drugstore kit, like Jolene Creme Bleach.

**Q:** I have a bit of a unibrow and I don't know what to do. Should I shave it off? — *Katie, 14*

**A:** You're not alone, unibrows are common. I wouldn't recommend shaving your face to get rid of it though because you may irritate the skin and/or cut yourself. Most girls tweeze regularly or visit a salon for waxing to take care of them, since unfortunately, the hair grows back.

**Q:** My eyebrows sting so much when I tweeze them. How can I get the stinging to stop? — *Aaliyah, 16*

**A:** Start by applying a warm compress [like a wash cloth you wet in warm water] before tweezing your eyebrows, or take a warm shower, as this will help loosen the hair follicle and make tweezing a bit easier. If they burn after the fact, try applying ice or a cold compress to soothe the area.

## Pubic hair

**Q:** I feel like I'm the only one of my friends who has body hair down there. Is it just me? What's the point of having it? — *Blake, 13*

**A:** It's normal to have pubic hair — every girl and woman does! Pubic hair was historically/is thought to protect your sensitive genital area [from bacteria]. Body hair comes in anywhere from when you're 9-16. It grows at different rates depending on age, hormones and a variety of other factors.

**Q:** One of my friends cuts her pubic hair with scissors. Is that OK? — *Annie, 16*

**A:** It's OK to trim or cut your pubic hair with scissors, but be very careful. Use small, sharp scissors and make sure the lighting is excellent. Don't cut too close to the skin, or you might cut yourself.

**Q:** Can I shave my pubic hair, or is that a really bad idea? — *Sara, 16*

**A:** Yes, you can shave your pubic hair. It's best to do while you're taking a warm shower or bath because that's when the skin and hair has softened slightly. You'll also want to make sure you have the right razor — stick with one that has two blades if possible, or three if you can't find anything else. Then, when you shave, do it in one direction and don't go over the same area more than once. Once you're finished, apply some soothing body oil or lotion to avoid skin irritation.

**Q:** My bestie, Elizabeth, keep talking about how she shaves her bikini line in the summer. What does that mean exactly? — *Jennifer, 15*

**A:** Your bikini line is the area right at your groin where your legs connect to your torso. You can shave the line to ensure that you don't have any visible hair showing [when wearing a bathing suit].

**Q:** My mom says I can get waxed down there if I want to. Won't that hurt? — *Torance, 14*

**A:** Yes, waxing hurts. That said, it's one of the most effective ways to remove hair, though it can cause irritation and ingrown hairs. You should only go if you feel comfortable, though. Remember this is a very personal decision and there's no right or wrong time to start!

**Calling all twistt readers:** Next month's "Is This Normal?" topic will be all about sweating! Why does it smell? How do you know which deodorant is right for you to wear? What's the best way to get rid of a sweat stain on your shirt? Email any additional questions you have about sweat to [twistmail@twistmagazine.com](mailto:twistmail@twistmagazine.com) and you may see yours in our next issue!

Do it yourself special!

Score smooth skin with this shaving gel!

You'll never have to buy store shaving cream again!

**Step one:** With your parents' help, get started by placing a glass bowl over a pot of simmering hot water on your stove top.

**Step two:** With your stove top set to the lowest heat setting, add 4 tbsp of shea butter and 3 tbsp of coconut oil into the glass bowl and let them melt.

**Step three:** Once melted, remove the glass bowl from the heat and stir in 2 tbsp of almond oil. Then, transfer the bowl to the fridge and leave it in there until it hardens.

**Step four:** When it's hardened, remove from fridge and whip it until it's the consistency of frosting, then it's ready to use!

Soothe razor burn with honey!

Known for its antibacterial properties, honey can reduce swelling and inflammation caused by razor burn!

**Step one:** Spread a small amount of honey directly on the irritated skin and let it air dry.

**Step two:** Once dry, rinse off the honey with cold water.

Combat the redness with aspirin paste!

The anti-inflammatory property of aspirin helps reduce redness and inflammation!

**Step one:** Place two aspirin in one teaspoon of warm water and let them sit in it until they dissolve completely and the water turns into a paste substance.

**Step two:** Rub the paste on the affected skin and leave it on for 10 minutes before rinsing off with lukewarm water. For best results, repeat this process twice a day to get rid of any discomfort or razor bumps you have.