

# The Playlist

Even if you're not a fan of Tibetan wind chimes or dolphin calls, you might want to accompany your at-home treatments with music. We asked DJs DJ AM and Tracy Young for a few recommendations.

## DJ AM:

- **"The Sea" by Morcheeba** "This song just sounds like a relaxing spa to me. And it's cool and timeless."
- **"Hearts on Fire" by Cut Copy** "Synth-pop at its finest. I am kinda obsessed with this band."
- **"If I Ever Feel Better" by Phoenix** "It's a fun song that makes you feel sexy. And it's about feeling better."
- **"Shooting Stars" by Bag Raiders** "It has a mellow, cool flow to it that sounds great while you're lying down."
- **"Rich Girls" by the Virgins** "Funky, sexy, and cool. To me, it's a chick anthem sung by guys."
- **Tonight Is the Night (Pts. 1 & 2)" by Betty Wright** "A supergroovy '70s song that will relax you and make you beautiful and excited about the night."

## TRACY YOUNG:

- **"Sólo Por Tu Amor" by Manuel Franjo** "One of the most sensual ballads I have heard."
- **Anything by María Callas, especially "La Traviata"** "Her voice is incredible—emotional but soothing."
- **The Café del Mar albums by the Buddha Bar** "These records are the original chill-out music."
- **"The World Is a Stage" by Terry Barber** "You can play this in a dance club or at a dinner party, and it's extremely moving and operatic."
- **"In My Life" by the Beatles** "One of the most beautiful songs ever written."
- **The Best of Joe Sample, especially the song "Ashes to Ashes"** "This is a jazz piano masterpiece, beautifully composed. I wore that album out."

To download our spa playlist, log on to [allure.com/go/spa\\_tunes](http://allure.com/go/spa_tunes).

Set up an iPod dock so you can listen to your favorite music without headphones.

## How to Do a Bikini Wax

Yes, you can give yourself a bikini wax at home, says Jodi Shays of Queen Bee Waxing Salon and Spa in Los Angeles, whose clients include Alicia Witt and Kelly Wearstler. (Just leave full Brazilians to the pros: They're too risky for amateurs.) If you're worried about pain, take two Advil about 20 minutes beforehand.

**1 CHOOSE YOUR WEAPONS** You'll need a wax that can be heated, a tongue depressor, and muslin or pella strips that are six to eight inches long and a half inch to an inch wide.

**2 TIMING IS EVERYTHING** Don't wax the week before your period, when you're most sensitive to pain. And wait until the hair is about a quarter-inch long, or it won't pull out properly. If you have any ingrown hairs, hold off on waxing until they clear up.

**3 HEAT IT UP** Read the package instructions, then melt the wax accordingly. Be sure to test a dab on your inner arm: It should be hot but not scalding. Sprinkle all areas to be waxed with a little baby powder to absorb oil and lift hard-to-see fine hairs.

**4 ASSUME THE POSITION** Stand, kneel, lie down on the floor, or sit in a chair—it's a personal thing. The important thing is to find the position where you can get your skin the tautest.

**5 DIP AND RIP** Working in one-inch sections, apply the hot wax in the direction of hair growth with a tongue depressor, erring on the side of thinner rather than thicker coats. Use one hand to pull the skin taut and the other to press down a muslin strip. Remove the cloth quickly and firmly in the opposite direction of the hair growth. (Pulling in the same direction can break the hair at the top of the skin rather than at the root.) Repeat the same technique to remove hair from the top of the bikini area. If the wax gets stuck, don't panic. Sprinkle a little more powder on it, then reapply a very thin layer of wax on top and remove.

**6 GROOM** If you miss a few hairs, give the raw skin a minute to calm down, then yank out the stray hairs with tweezers. Avoid washing with really hot water or wearing tight clothes for a few hours afterward, because the skin will feel too chafed. Apply cortisone cream to soothe any redness.

**Completely Bare Wax Works.** This kit includes everything you need—strips, spatulas, its own wax heater, and even a hair-minimizing lotion.



**Tweezerman Point Tweezer.** The pros love pointy-tipped tweezers for their precision.