

7 Products to Help Fight Annoying Ingrown Hairs



Design by Alexis Lira

Getting the perfect shave is truly a task. Whether you have to maneuver through the jungle gym that's a shower or carefully follow the progress of a facial trim in the mirror, ensuring that you reach every pesky hair is no easy feat.

Add the potential for ingrown hairs to the mix, and removing body hair can seem like an impossible adventure.

Thankfully, skin care experts including [Dr. Shilesh Iyer](#), board-certified dermatologist at New York Dermatology Group and aesthetician [Ashley White](#), have come to the rescue, offering their best tips and favorite products to both prevent and deal with ingrown hairs.

What causes ingrown hairs?

Before getting down to the art of a proper shave, Dr. Iyer explains what causes someone to get ingrown hairs.

They're a result of hairs curling or getting trapped under the skin, he says. In some cases, a lack of exfoliation, a hormonal imbalance, or genetics — such as dense, coarse hair — can lead to or increase the risk of ingrown hairs.

However, just because you experience ingrown hairs doesn't mean they have to stick around. Iyer suggests first changing up your shaving habits.

"Pre-cleanse with warm water and use a lubricating shave product," he says. "Use a sharp razor with a single or double blade because they won't cut the hairs as short."

Along with checking whether your blade has gone dull, he recommends shaving in the direction of the hair and avoiding cutting the hair too close.

Add those tips to your shaving repertoire and then stock up on the products below to fight back against ingrown hairs.

Last but not least, don't pick!

Don't be discouraged if a change in your shaving routine doesn't yield immediate results. In the meantime, White says it's best to avoid picking, popping, or attempting to remove ingrown hairs yourself as they can spread bacteria, or cause scarring, [infection](#), or irritation.

If ingrown hairs do become a frequent troublesome occurrence, she recommends making an appointment with a dermatologist.

As Iyer notes, a dermatologist could offer a variety of stronger solutions that prove more effective than over-the-counter skin care items.

"They may prescribe prescription products including topical or oral antibiotics, steroid creams, retinoids, or offer in-office treatments such as chemical peels or steroid injections," he says. "Laser hair removal can be a great long-term solution."

As always, talk to your dermatologist or another healthcare professional if you have any concerns about your skin or health.