

Sexy summer arms are smooth, sleek and sun-kissed.

July 27, 7:22 AM • [LA Beauty Trends Examiner](#) • Jennifer Geisman



Now that the heat is finally sizzling up Los Angeles, it's time to show off your new summer body in the season's strapless ensembles. The big question: Once you've bought the dress, how do you get your arms in shape to actually wear it?

First on the list is making sure that no one (and, we mean NO ONE) can see the black prickly hairs under your arms as you hold up your iPhone Sonic Lighter and sway to the melodic music at the Hollywood Bowl. Laser dermatologist [Dr. Dore Gilbert](#), sought after lecturer and the hands-on Medical Director of [Newport Dermatology & Laser Associates](#) in Fashion Island, Newport Beach, has recently introduced his clients to a revolutionary laser hair removal system called [LightSheer Duet](#). A must-have treatment for reality stars **Lauren Conrad** and **Kim**

Kardashian and unlike traditional laser hair removal (which may be painful with several hours of downtime), the LightSheer Duet takes the same basic approach to conventional laser hair removal, but uses a unique handpiece and vacuum assist technology to confuse pain receptors into only feeling the vacuum sensation rather than the pain. The vacuum stretches the skin thinner to allow more energy to reach the follicles.

“I prefer to use the LightSheer Duet for underarm hair removal as it provides unmatched comfort for patients, which is a huge plus for this often sensitive area,” says Dr. Gilbert. “The laser typically takes four to five sessions and can be done at any time of the year since the underarms are hidden from the sun.” The LightSheer Duet can be used on both men and women, treats most skin types and the broadest range of hair colors.