

TAKE CONTROL OF YOUR HAIR.
SAVE MONEY. LOOK AMAZING.



the salon trap

How I Cut My
Hair Costs by
75%
in 30 Days
(And You Can Too)

Real Solutions.
Real Savings.
Real Confidence.
Real You.

the salon trap



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75% in 30 Days (And You Can Too)

CHIOMA PRAISE



SAVE
SERIOUS MONEY



EASY 30-DAY
PLAN



HEALTHIER
HAIR



SALON RESULTS
AT HOME

CHIOMA PRAISE



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INTRODUCTION

The Salon Trap Is Real (And You're Not Alone)

I know what you're doing right now. You're spending ₦60,000 a week at a salon chair, and every single time, you're thinking the same thing: There has to be another way.

You've tried everything. Waxing strips at home, shaving (which just grows back darker), expensive creams that smell like chemicals, DIY remedies your mum suggested. Nothing sticks. Nothing lasts. So you end up back at the salon, week after week, month after month, spending money you don't really have on a problem that never actually goes away.

And it's not just about money, is it? It's the time. It's planning your life around salon appointments. It's avoiding swimming with your family because you're terrified of being a few days post-wax. It's changing in the dark so your husband doesn't see you. It's saying no to intimacy because you're worried about stubble.

I've been exactly where you are.

For years, I was the girl at the salon every Friday like clockwork. I was spending almost ₦3,000 a week just on threading alone and that wasn't even counting the waxing, the creams, the home remedies I'd buy when I thought I'd found "the solution." By the end of every month, I'd look at my bank account and feel sick. I wasn't just paying for hair removal. I was paying for anxiety.

Here's what I discovered: the problem isn't that your body is wrong. The problem is that nobody ever taught you how to actually manage this. Nobody explained what's

really happening. Nobody gave you a real plan just Band-Aid after Band-Aid after Band-Aid.

So I figured it out myself. I tested everything. I wasted money on things that didn't work. I tried methods that hurt. I researched laser treatment and nearly had a heart attack at the pricing. But eventually, I cracked the code. And in 30 days, everything changed.

I cut my annual spending from ₦720,000 to just over ₦100,000. I stopped avoiding my husband. I wore the clothes I actually wanted to wear. I got my life back.

That's what this guide is. It's not a miracle cure or some expensive treatment. It's the 30-day system I wish someone had given me five years ago the practical, honest, no-nonsense roadmap that finally got me out of the salon trap.

This guide is going to show you exactly what's happening in your body, why every method you've tried has failed you, and the precise system that actually works. More importantly, it's going to show you how to do this on your own terms, in your own time, and for a fraction of what you're spending right now.

You're not broken. Your body isn't the problem. You've just been trying to solve this with the wrong tools.

Let me show you the right ones.

In the next chapter, we're going to talk about the biology of why this is happening to you and I promise you, it's going to change how you see this whole situation

CHAPTER 1:

The Truth About What's Happening to Your Body

So now you know you're not alone in this. The first thing I need to tell you is this: **your body isn't the problem. The way you've been thinking about your body is the problem.**

Let me explain what's actually happening.

Every single woman has body hair. This is not something that went wrong with you. This is not punishment for eating the wrong thing or not exercising enough or because you did something your mother warned you about. It's just biology. Your body produces hair because you're a woman with hormones, and hormones make hair grow.

But here's what nobody tells you: some women's bodies produce more hair than others. Some women's hair grows darker. Some women's hair grows in places they don't want it. And some women like you, like me, get caught in a cycle where the more you remove it, the more stubborn it becomes.

The question isn't "why do I have hair?" The real question is "why does my body produce MORE hair than I want?" And that answer changes everything.

Is It Genetic?

Here's the truth: if your mother had excess hair, your grandmother had excess hair, or anyone on your family tree had excess hair, there's a really good chance you inherited it. It's not fair. It's not something you caused. It's just how your family's bodies work.

I realized this when my mum casually mentioned that she'd been dealing with facial hair since her twenties. "Really?" I said. "Why didn't you ever tell me this could happen to me?" And she said something that stuck with me: "Because I thought it was just me. I didn't know other people dealt with it."

We don't talk about these things in families, do we? So you grow up thinking you're the only one, the weird one, the broken one. But you're probably just the carrier of your family's genetics.

Or Is It PCOS?

Now, if you've been dealing with excess hair for years, if it started suddenly, or if it's gotten worse over time, there's another possibility: PCOS (Polycystic Ovary Syndrome).

Don't panic. I'm not saying you have it. But I'm saying it's worth knowing about.

PCOS is a hormonal condition that makes your body produce too much of a hormone called androgen. When you have too much androgen, your body grows excess hair especially on your face, chest, and belly. It can also cause irregular periods, weight gain, acne, and fertility issues.

Here's the thing about PCOS: most women don't know they have it. They just think they're hairy. They just think their periods are "irregular." They just think they're struggling with weight for no reason. Then one day a doctor mentions PCOS and suddenly everything clicks into place.

If you suspect you might have PCOS, the signs are:

- Hair growth that started or got worse suddenly (not something you've always had)

- Irregular or missing periods
- Difficulty losing weight, or weight gain that doesn't make sense
- Acne that won't go away
- Dark patches of skin (usually on the neck or underarms)
- Trouble getting pregnant, or repeated miscarriages

Does this sound like you? It's not a catastrophe if it is. But it matters because it changes how you approach this. With PCOS, salon trips alone will never be enough. You need to work on the hormonal piece too.

Or Is It Hormonal?

Even if you don't have PCOS, hormones could still be the culprit.

Your hormones shift constantly. After you get married, after you have a baby, when you're stressed, when you're not sleeping, when you change birth control pills all of these things shift your hormone levels. And when your hormones shift, your hair production can shift with it.

I had a friend who barely had any facial hair until she got pregnant. Then suddenly she had a full upper lip situation. After the baby was born, it calmed down a bit but it never went back to where it was before. Her hormones had changed her body permanently.

This is why some of you are thinking, "Wait, I didn't always have this problem." Exactly. Something changed. A life event. A medication. Your birth control. Your stress level. Your sleep pattern. Something shifted your hormones, and now your body is responding.

How to Figure Out YOUR Reason

So how do you know which one it is? Genetics, PCOS, or general hormonal shift?

Here's my honest answer: sometimes it's hard to know without a doctor. But you don't need a doctor to figure out the most likely reason. You just need to ask yourself a few questions.

Question 1: Has someone in your family dealt with this? If yes, it's probably genetic. Genetics are powerful. If your mum, your aunty, your grandmother, or your cousins all have excess hair, your body is just following the family pattern.

Question 2: Did this start suddenly or get worse suddenly? If yes, it's probably not genetic. It's probably hormonal or PCOS. Something changed—maybe you got married, maybe you had a baby, maybe you went through a stressful period, maybe you changed medications. Your body is responding to that change.

Question 3: Do you have irregular periods, acne, or weight that won't budge? If yes, add those to the hair issue and PCOS becomes more likely. If it's just the hair, and everything else is normal, it's probably genetic or general hormonal fluctuation.

Question 4: How long has this been happening? If it's been your whole adult life, genetic. If it's been a few years and it's gotten slowly worse, it could be any of the three. If it got bad suddenly within the last year, it's probably hormonal or PCOS.

This isn't a diagnosis. This is just you getting curious about your own body instead of just accepting that something is "wrong."

Why Salon Trips Never Actually Solve This

Now here's the part that changed everything for me.

Salon trips are treating the symptom, not the cause. You go to the salon, they remove the hair. The hair comes back. You go back to the salon. Repeat forever.

It's like taking paracetamol for a fever. The paracetamol brings the fever down, but if you have malaria, the fever comes back because you didn't treat the malaria. You treated the symptom, not the disease.

Same thing with hair removal. If the root cause is genetic, you can remove the hair forever. It will always come back because your genes are telling your body to make it. If the root cause is hormonal or PCOS, you can wax every week and it won't matter because your hormones are still telling your body to make more hair.

This is why you can go to the salon weekly and by day four or five, you see stubble. This is why the hair feels like it's growing back thicker and darker (it's not actually thicker or darker, by the way that's an optical illusion. But it feels that way). This is why you're on a treadmill that never stops.

What You've Already Tried (And Why It Didn't Work)

You've tried the creams. They either did nothing or irritated your skin.

You've tried shaving. Hair came back in two days, darker and pricklier than before.

You've tried the home remedies lemon, yogurt, turmeric, whatever your aunty recommended. It smelled nice but it didn't work.

Maybe you've even tried the "natural hormone remedies" you found online. Spearmint tea. Saw palmetto. Expensive supplements. You took them for three months and saw zero difference.

Why? Because none of these are addressing the actual root. They're all surface-level solutions to a deeper problem.

The creams are temporary. Shaving is temporary. Home remedies are temporary. And even the supplements don't work unless you're consistent for months, and even then, they only work if hormones are actually your issue.

What you needed wasn't another temporary fix. You needed a system. A real plan. Something that addresses what's actually happening in your body instead of just making the hair disappear for a few days.

That's what the next chapter is about. Because now that you understand why this is happening, you need to understand the real cost of keeping doing what you've been doing. And trust me—it's not just financial.

CHAPTER 2:

The Hidden Cost of Staying in the Salon Cycle

So now you know what's actually happening in your body. Good. But here's what I need you to understand: knowing the cause doesn't matter if you don't understand the cost of doing nothing.

Because the problem isn't just that you're spending ₦60,000 every week. The problem is what that ₦60,000 is stealing from you. And it's not just money.

The Money Part (Which Is Worse Than You Think)

Let me do the math with you, because I need you to feel this.

₦60,000 a week. That's ₦240,000 a month. That's ₦2,880,000 a year. That's ₦28,800,000 over ten years.

Over ten years, you're spending nearly ₦30 million to remove hair that keeps growing back.

Read that again. Thirty million naira.

I know what you're thinking: "Chioma, it's not that much. I have to do it." But do you? Do you actually have to spend that much? Or have you just accepted it as the cost of being a woman?

When I did this calculation, I cried. I actually sat down and cried. Because I realized I could have paid for my child's school fees with that money. I could have invested in a business. I could have taken a vacation with my husband. I could have paid off a mortgage. Instead, it went to someone's salon chair.

And here's the thing nobody talks about: that ₦60,000 isn't coming from nowhere. It's coming from your grocery budget. It's coming from your child's needs. It's coming from money you could be saving. It's coming from financial security you don't have because you're spending it on hair removal.

The Time Part (Which Costs More Than Money)

Now let's talk about time, because honestly? Time is worth more than money.

You're spending at least 3-4 hours a week at a salon. That's the minimum. That's travel time, waiting time, treatment time. That's ₦60,000 worth of your hours disappearing.

Three to four hours a week is 12-16 hours a month. That's 156-208 hours a year. That's nearly a full work week spent in a salon chair.

What could you do with 156 hours a year? Learn a skill. Start a side business. Spend time with your kids. Sleep. Rest. Literally anything else.

But instead, you're sitting in a salon chair having someone pour hot wax on your body because hair keeps growing back.

I had a friend who said to me one day, "I haven't read a book in three years because I'm always at the salon." Three years. No time for something she loved because she was managing hair.

The Shame Part (Which Keeps You Stuck)

This is the part that's hardest to talk about, but it's the most important.

You're terrified. You're terrified that if you miss a salon appointment, someone will see you with hair. You're terrified that your husband will think you're not taking

care of yourself. You're terrified that if someone gets close to you, they'll notice. You're terrified that you're not feminine enough, not attractive enough, not woman enough because your body produces hair.

And so you've organized your entire life around managing that terror.

You avoid swimming. You avoid the beach. You avoid wearing sleeveless tops. You avoid going to the gym because you're worried about sweat and stubble. You change in the dark. You avoid intimacy on certain days of the cycle because you're worried about what your husband will feel or see.

You're not actually avoiding hair. You're avoiding shame.

And here's what I realized: that shame isn't yours. It was given to you. Society told you that body hair is ugly. Society told you that a woman's body should be smooth and hairless. Society told you that if your body produces hair, something is wrong with you.

But nothing is wrong with you. Your body is doing exactly what it's designed to do.

The problem is that you've internalized someone else's standard of what your body should look like, and now you're spending \$2.8 million a year and sacrificing your peace of mind to meet that standard.

What This Costs Your Intimate Life

I'm going to be real with you because you need to hear this.

My husband noticed that I was avoiding him. Not consciously I didn't even realize I was doing it until he said something. But I was turning down intimacy. I was

making excuses. And when we were intimate, I was tense. I wasn't present. I was too busy worrying about whether he could feel stubble or see discoloration.

He never said anything negative about my body. He never complained. But I couldn't enjoy being with him because I was too busy being ashamed of myself.

That cost me something. It cost us something. Those moments I was too scared to be present, we can't get those back.

And I'm telling you this because if this is happening to you, you need to know: your partner probably doesn't care. Your partner probably doesn't even notice. But your shame is ruining something that should be beautiful.

The Cycle That Keeps You Trapped

Here's how the trap works, and I need you to see it clearly.

You feel shame about your hair. So you go to the salon. The salon removes the hair temporarily. For a few days, you feel better. But then the hair grows back. The shame comes back. So you go to the salon again. And again. And again.

It's a cycle. Shame → salon → temporary relief → hair grows back → shame → salon. Round and round and round.

And the salon industry knows this. They're not trying to solve your problem. They're trying to keep you dependent. They want you to come back every week. That's their business model.

So they tell you things like, "If you wax regularly, the hair will grow back lighter and finer." (It won't. That's a myth.) They tell you, "You have to come in every four

weeks or the hair will be too long." (You don't.) They make you feel like there's no other option, so you keep coming back.

And you keep spending ₦2.8 million a decade on a problem that never actually goes away.

Why This Moment Matters

I'm telling you all of this not to make you feel bad. I'm telling you this because you need to understand that staying in this cycle isn't just about hair. It's about your money, your time, your peace of mind, your confidence, your intimate life, and your sense of self-worth.

Something has to change. And the change doesn't start with a new salon or a new hair removal method. The change starts with understanding that there's another way.

In the next chapter, I'm going to show you a system that actually works. Not a temporary fix. Not another salon visit. A real system that addresses this from the ground up and actually gets you out of the cycle.

It took me 30 days to change everything. It can for you too.

CHAPTER 3:

Your 30-Day Hair Freedom System Explained

Okay, so now you understand the cost. You understand why you're stuck. And you probably feel a little bit angry which is good. That anger is going to fuel what comes next.

The system I'm about to show you is what changed my life. It's not complicated. It's not expensive. It's not some magical potion or a doctor's prescription. It's just a practical, step-by-step plan that actually addresses what's happening and gets you out of the salon trap.

How This Is Different From Everything You've Tried

Every other solution you've found has been about one thing: removing hair. Faster. Cheaper. Less painful. But it's all the same game: remove the hair, wait for it to grow back, remove it again.

This system is different because it's not just about hair removal. It's about understanding your body, finding the method that actually works for YOUR life and YOUR budget, and then building a routine you can sustain forever without feeling like you're on a treadmill.

It's about taking control back from the salon. It's about making choices instead of accepting what you've been told you have to do.

And here's the key difference: this system doesn't start with the hair. It starts with you.

The Three Phases That Actually Work

The system has three phases, and I need you to understand how they work together.

Phase 1: Understand (Days 1-5)

Before you try anything, you need to know what you're actually dealing with. Is this genetic? Is this PCOS? Is this a general hormonal shift? Are you dealing with dark patches? Ingrown hairs? Sensitive skin?

Most women jump straight to buying stuff and trying things without actually understanding their situation. And then nothing works because they're treating the wrong problem.

In Phase 1, you're going to take a simple assessment. You're going to look at your own body and your own history and figure out what's actually happening. This takes maybe an hour total. But it changes everything because now you know exactly what you're dealing with.

Once you know your situation, everything else becomes clear. You're not guessing anymore. You're not just trying whatever the salon recommends. You have information.

Phase 2: Act (Days 6-30)

Now that you understand what's happening, it's time to test different methods and find the one that works for you.

This is where most guides let you down. They tell you to wax. Or they tell you to use creams. Or they tell you to try a laser. But everyone's different, right? What works for your friend might be terrible for you. What fits your budget might be

impossible for someone else. What you have time for might be different from what I have time for.

So in Phase 2, you're going to systematically test different methods. You're going to learn exactly how to do each one—dermaplaning, at-home waxing, threading, all of it. You're going to see which one gives you the best results for your skin, your pain tolerance, and your budget.

By the end of Phase 2, you'll know exactly which method works for you. And more importantly, you'll know how much it actually costs. Not what a salon charges. What it actually costs when you do it yourself or find the right professional.

Phase 3: Lock In (Days 21-30)

Once you know your method, the last phase is about building a routine you can actually stick to.

This is the part that determines whether you stay free or go back to the salon. Because it's one thing to know what works. It's another thing to actually do it consistently.

In Phase 3, you're going to create a personalized maintenance plan. You're going to figure out exactly how often you need to do your chosen method, what supplies you need, how much it costs, and how to actually remember to do it.

You're also going to work on the shame piece—because knowing how to manage the hair doesn't matter if you're still carrying around guilt and shame about your body.

What to Expect (Realistic Timeline, Real Results)

I need to be honest with you here because I don't want you to get your hopes up for something that's not realistic.

By day 3, you'll probably see some hair reduction. Not because of any magical ingredient, but because you'll take an assessment and realize, "Oh, I'm not as bad as I thought I was."

By day 10, if you test a couple of methods, you'll know which one feels right for your body. You'll probably have done your first at-home session of something and gotten results.

By day 20, you'll be into a rhythm with your chosen method. You'll have done it a couple of times and you'll see that it works. You'll also have calculated your actual costs and realized how much money you're about to save.

By day 30, you'll have a plan for the rest of your life. You'll know exactly what you're doing, when you're doing it, how much it costs, and why it works. You'll probably have already saved ₦180,000 compared to what you would have spent at a salon in the last month.

But here's the realistic part: this isn't a cure. If you're genetically programmed to have excess hair, you'll always have excess hair. The difference is that now you're managing it on your terms instead of the salon's terms. You're spending ₦100,000 a year instead of ₦2.8 million. You're spending an hour a week instead of four hours. You're in control.

That's the real result. Not hairlessness. Control.

How to Customize This For Your Life

This system works the same way for everyone, but it's not one-size-fits-all. You might be busier than me. You might have more sensitive skin. You might have a bigger budget. You might have less time.

The framework stays the same Understand, Act, Lock In. But how you move through it depends on you.

If you're really busy, you might skip the fancy at-home methods and go straight to threading at a salon you trust (but just once a month instead of every week). If you have very sensitive skin, you might focus on physical methods like dermaplaning instead of chemical ones. If you have the time and enjoy DIY stuff, you might get into the weeds with different waxing techniques and recipes.

This system is flexible because it has to be. It's designed for real women with real lives, not Instagram models with unlimited time and money.

The Big Picture

Here's what's about to happen: You're going to spend 30 days learning about your body and finding what actually works. Then you're going to spend the next however-many-years getting your life back.

You're going to have time. You're going to have money. You're going to have peace of mind. You're going to feel confident in your body again not because the hair is gone, but because you're no longer ashamed of it.

And you're going to realize that the salon trap was never about your body. It was about not knowing there was another way.

Now you know. In the next chapter, we're diving into Phase 1 and I'm going to show you exactly how to understand what's actually happening in your body so you can stop guessing and start taking action.

CHAPTER 4:

Understand Your Hair (Days 1-5)

Remember in Chapter 3 when I told you that Phase 1 is about understanding what's actually happening? This is it. This is where you stop guessing and start knowing.

I'm going to give you a simple assessment. It's not a medical diagnosis, I'm not a doctor. But it's going to help you figure out the most likely reason your body is producing excess hair. And once you know the reason, everything else becomes clear.

Here's How This Works

I'm going to ask you a series of questions. You answer honestly. Then we look at your answers together and see what pattern emerges. That pattern tells you whether this is genetic, hormonal, PCOS-related, or something else entirely.

This takes maybe 20-30 minutes. Grab a pen and paper or open your phone's notes app. Answer each question. Don't overthink it. Your first instinct is usually right.

The Hair Assessment Quiz

Question 1: How long have you been dealing with this?

If your answer is: "My whole adult life, since I was a teenager" → This points to **genetic**.

If your answer is: "It got really bad in the last 2-3 years" → This points to **hormonal or PCOS**.

If your answer is: "It started suddenly after a specific event (pregnancy, new job, new medication)" → This points to **hormones**.

Question 2: Look at your female relatives. Do any of them have excess hair?

If yes (your mum, aunty, grandmother, cousins) → This is a strong sign of **genetic**.

If no → Less likely to be genetic. Points more toward **hormonal or PCOS**.

If you don't know → That's okay. Move to the next question.

Question 3: What does your hair growth look like?

Is it:

- Dark, coarse hair mostly on your face, chest, and belly? → Could be **PCOS or hormonal**.
- Fine, light hair all over your body? → Probably **genetic**.
- A mix, and it got darker and coarser recently? → Probably **hormonal change or PCOS**.

Question 4: What's your period situation?

Is it:

- Regular, every month, like clockwork? → Probably **genetic or lifestyle hormonal**.
- Irregular, skip months, unpredictable? → Strong sign of **PCOS or hormonal imbalance**.
- Heavy or lighter than normal recently? → Sign of **hormonal shift**.

Question 5: Besides the hair, do you have any of these?

Check if you have:

- Acne that won't clear up
- Weight gain that doesn't make sense (you're not eating more, but weight keeps climbing)
- Dark patches on your neck, underarms, or inner thighs
- Trouble losing weight no matter what you try
- Hair thinning on your scalp (while excess hair grows elsewhere on your body)

If you checked 2 or more → **PCOS is likely.**

If you checked 0-1 → Probably not PCOS. Likely **genetic or general hormonal shift.**

Question 6: When did your hair situation get worse?

Did it get worse:

- After you got married? → **Hormonal shift** (stress, changes in routine, sometimes just life change).
- After you had a baby? → **Hormonal shift** (postpartum hormones are wild).
- After you changed birth control? → **Hormonal shift** (pills affect hormone levels).
- After a stressful period (job loss, family crisis)? → **Hormonal shift** (stress increases androgens).
- It just gradually got worse over years? → **Genetic** (your genes expressing themselves more as you age).

Question 7: What have you already tried?

This tells me about your situation. Have you tried:

- Multiple creams and supplements with no real change? → Suggests **genetics** (can't change genetics with topicals).
- Things that worked temporarily but always came back? → Suggests **hormonal or genetic** (not addressing root).
- Natural remedies that did nothing? → Suggests the problem runs deeper than lifestyle can fix.

Now Let's Look at Your Answers

Count up which category appears most in your answers: genetic, hormonal, or PCOS.

If you got mostly GENETIC answers:

Your body is doing what it's programmed to do. Your genes said, "Make excess hair," and your body is following orders. This isn't about fixing something broken. It's about managing what's natural for your family line.

The good news? This is actually the most straightforward one to manage because it's stable. Your body isn't going to suddenly change. You don't need to worry about hormones fluctuating. You just need to find a hair removal method and stick with it.

The challenge? Since this is genetic, no amount of supplements or creams will make the hair stop growing. You're managing it, not eliminating it. And that's okay. That's what this whole system is about.

If you got mostly HORMONAL answers:

Something changed. Your stress level. Your birth control. Your life circumstances. A major event. And when that changed, your hormones shifted, and your body started producing more hair.

The good news? Hormones can shift back. If you got married and stress increased your androgens, stress management can help. If you had a baby and postpartum hormones went crazy, eventually they normalize. There might be room to influence this naturally.

The challenge? You need to address both the hormonal piece AND the hair removal piece. You can't just remove the hair and ignore the hormones. We'll talk about this in later chapters.

If you got mostly PCOS answers:

PCOS is real, and it needs addressing. But here's what I want you to know: it's manageable. It's not a death sentence. It's a hormonal condition that responds to certain lifestyle factors.

The good news? There are specific things you can do to potentially reduce the symptoms, including hair growth. Diet, stress management, sleep, certain supplements—these can all help.

The challenge? PCOS requires consistency. You can't do it for two weeks and give up. But if you stick with it, you can see real changes.

Here's What This Means For You

Now that you know what's likely happening, you can stop wasting time and money on the wrong solutions.

If it's genetic, you're not going to fix it with spearmint tea. You're going to manage it with consistent hair removal. Accept that and move forward.

If it's hormonal, you can address both the hormones and the hair. There's hope here for actually reducing the hair growth over time, not just managing it.

If it's PCOS, you have a roadmap. You know what to address. You know this is real and fixable, but it takes work.

A Real Example

I had a friend, Tunde, whose sister was convinced she had PCOS because she had excess facial hair and irregular periods. She went to a doctor, got tested—no PCOS. Genetic. Her mum had the same thing. Her grandmother had it. It was just their family's biology.

The moment she accepted it was genetic, she stopped trying to "fix" it with supplements and started focusing on finding her best hair removal method. She's been using at-home threading for two years now. It takes her 20 minutes a week, costs her ₦300 a month, and she's happy.

But if she's still thought it was PCOS and spent money on treatments, she'd still be frustrated because nothing would change.

That's why this matters. When you know what you're actually dealing with, you can stop wasting money and energy on the wrong solution.

What to Do Right Now (Days 1-5)

Today: Take the assessment. Answer the questions honestly. Write down your answers.

Tomorrow: Look at your answers and figure out which category you fall into. Read the description that matches. Write down how that makes you feel.

Days 3-5: Sit with this knowledge. Let it sink in. This is important because your entire approach changes based on what you discover.

You might feel relieved ("Oh, I'm not broken, it's just genetic"). You might feel motivated ("Okay, so there's something I can actually do about the hormonal piece"). You might feel validated ("Finally, someone understands what's happening to me").

Whatever you feel is normal. You're moving from confusion to clarity. That matters.

By the end of Day 5, you should have a clear picture of what's happening in your body. You should understand whether this is something you're managing (genetic) or something you can potentially improve (hormonal or PCOS).

In the next chapter, we move to Phase 2—the Act phase. We're going to test different hair removal methods and find the one that's perfect for your life, your skin, and your budget. This is where the real transformation starts.

CHAPTER 5:

Find Your Method (Days 6-20)

So now you know what's actually happening in your body. Whether it's genetic, hormonal, or PCOS, you understand the situation. That's huge. But understanding alone doesn't fix anything. Now you need to find the method that actually works for you.

And here's the thing: there's no one "best" method. The best method is the one you'll actually stick with, that doesn't destroy your skin, that fits your budget, and that gives you results you can live with.

That's why we're testing. Over the next two weeks, you're going to try different methods and see what works. Not theoretically. Actually. On your own body.

The Complete Breakdown: Every Method Ranked

Let me give you the honest comparison of every hair removal method. I'm ranking them by results, cost, pain level, and how long the results last.

#1: Professional Threading

What it is: A person uses twisted thread to pull hair out from the root. It's an ancient technique, mostly used for facial hair.

Results: 9/10. Clean removal, lasts 3-4 weeks, looks neat.

Cost: ₦2,000-5,000 per session. If you go monthly, that's ₦24,000-60,000 a year. Compare that to ₦2.8 million at a weekly salon visit.

Pain level: Moderate. It stings a bit, but most people adjust after the first time.

Best for: Facial hair, upper lip, chin, eyebrows. Not ideal for large body areas because it takes too long.

How long results last: 3-4 weeks.

The reality: Threading is honestly one of the best options if you can find a good threader. It's cheap, it's effective, and it doesn't damage your skin. The challenge is finding someone who knows what they're doing. A bad threader can cause irritation.

#2: At-Home Waxing Strips

What it is: Pre-made wax strips you warm up, press on your skin, and rip off. Quick and messy.

Results: 7/10. Good removal, decent results, looks okay.

Cost: ₦2,000-5,000 per box (one box has multiple strips). One box lasts 2-3 applications. So ₦4,000-15,000 per month.

Pain level: High. It hurts. But the pain is quick and over in seconds.

Best for: Legs, underarms, bikini line, arms. Not great for the face because it can cause irritation.

How long results last: 3-4 weeks.

The reality: At-home waxing is cheaper than salons and you can do it on your schedule. The downside is it's messy, it takes practice to get smooth results, and if you have sensitive skin, it can cause irritation or ingrown hairs.

#3: Dermaplaning (At-Home Facial Shaving)

What it is: Using a special razor to gently scrape off fine facial hair and dead skin.

Results: 6/10. Works well but hair grows back fast. Also gets rid of dead skin (which is a bonus).

Cost: ₦500-1,500 per razor (one razor lasts about a month). So ₦500-1,500 per month.

Pain level: Zero. It doesn't hurt at all.

Best for: Facial hair, especially fine or peach fuzz. Not for coarse hair or body hair.

How long results last: 1-2 weeks.

The reality: Dermaplaning is cheap, it's painless, and it actually improves your skin. The downside is you have to do it frequently. But if cost and painlessness are your main concerns, this is solid.

#4: Electric Epilators

What it is: A handheld device with rotating tweezers that pluck multiple hairs at once.

Results: 7/10. Effective, smooth results, but takes time.

Cost: ₦15,000-40,000 one-time purchase. No recurring cost. So basically free after the first month.

Pain level: High, but it numbs over time. First few uses hurt. After that, it's manageable.

Best for: Legs, underarms, arms. Not ideal for a bikini line or face (too sensitive).

How long results last: 3-4 weeks.

The reality: An epilator is a solid investment if you want to do this yourself. You pay once, use it forever. It takes 15-20 minutes to do your whole body, but you're done for 3-4 weeks. Great for people who want to minimize salon visits.

#5: Hair Removal Creams (Depilatory Creams)

What it is: Chemical cream that dissolves the hair at the skin surface. You apply, wait 5-10 minutes, wipe off.

Results: 5/10. It works but it's not smooth. Hair can feel stubbled.

Cost: ₦2,000-5,000 per bottle. One bottle lasts 1-2 uses. So ₦2,000-10,000 per month.

Pain level: Zero. But the smell is intense. Some people find it nauseating.

Best for: Legs and maybe underarms. Not for sensitive areas or face.

How long results last: 3-5 days.

The reality: Hair removal creams are cheap and painless, but the results aren't as clean as other methods and the smell is rough. Also, some people have skin reactions. You have to test it on a small area first.

#6: Laser Hair Removal (Professional)

What it is: A laser device destroys hair follicles. You go to a clinic, they zap your skin with a laser. Takes several sessions.

Results: 9/10. Can result in permanent or semi-permanent hair reduction.

Cost: ₦300,000-1,000,000+ depending on the area and number of sessions. Typically 6-8 sessions are needed. So ₦50,000-150,000 per session.

Pain level: Moderate. It feels like a rubber band snapping on your skin repeatedly.

Best for: Any body area. Works on all body hair types.

How long results last: Can be permanent or last several years depending on your hair type and skin tone. Results fade and you may need touch-ups.

The reality: Laser is expensive but potentially the only semi-permanent solution. The catch? It's not always effective on darker skin tones (though this is improving). And you need multiple sessions. Some people see great results. Others see minimal change. It's a gamble.

#7: Electrolysis (Professional)

What it is: A tiny needle destroys individual hair follicles using electrical current. Slower than laser but works on all hair types and skin tones.

Results: 9/10. Can be permanent.

Cost: ₦5,000-15,000 per session. Typically needs 15-30+ sessions. So ₦75,000-450,000+ total.

Pain level: Moderate to high. It stings and it takes longer than a laser.

Best for: Any hair type, any skin tone. Especially good for darker skin where lasers are less effective.

How long results last: Permanent if done properly.

The reality: Electrolysis is the most reliable way to get permanent results. The downside is it takes forever and it costs a lot. But if you have the time and money, it's the most effective method.

Now, Here's Your Testing Plan (Days 6-20)

You're not going to try all of these. That would be expensive and insane. You're going to strategically test 2-3 methods to find your winner.

Week 1 (Days 6-12): Test 2 Methods

Pick two methods from the list above that fit your situation and budget. If you identified as genetic in Chapter 4, you can pick any method. If you identified as hormonal or PCOS, avoid the super-expensive laser or electrolysis for now—focus on the cheaper methods first.

Day 6: Buy supplies for your first method. If it's at-home waxing, get a box of wax strips. If it's dermaplaning, get a razor. If it's an epilator, order one online or buy one at a pharmacy.

Days 7-8: Do your first application. Follow the instructions carefully. Document how it feels, how much it hurts, how smooth the results are.

Days 9-12: Observe the results. How long do the results actually last? By day 12, are you seeing regrowth? How much? Does it look dark or fine? Does your skin react well or get irritated?

Meanwhile, research your second method. Watch YouTube videos. Read reviews. Find out where to buy it.

Days 13-19: Do Your Second Method

Repeat the same process with method #2. Apply it, observe, document.

Day 20: Compare

Now you've tested two methods. Which one felt better? Which one gave better results? Which one was less painful? Which one fits your budget? Which one could you actually do consistently without hating it?

Write down your winner.

Step-by-Step: How to Do Each Method Correctly

Now that you know which methods you might test, let me give you the exact steps so you don't mess it up.

How to Do At-Home Waxing (Steps)

1. Start with clean, dry skin. No lotions, oils, or sweat.
2. Warm the wax strip between your hands for 15-20 seconds until it's pliable.
3. Peel the wax strip apart slowly.
4. Press the wax strip firmly onto the area you're waxing, pressing in the direction of hair growth.
5. Hold the skin taut with one hand (this is important if you don't hold it tight, the waxing will hurt more and won't work as well).
6. Rip the strip off quickly in the opposite direction of hair growth. Quick and confident. Not slow.
7. If you miss some hairs, you can go over the same area again with another strip, but be gentle because your skin is already irritated.
8. Apply a soothing lotion after. Avoid hot showers for 24 hours.
9. Exfoliate gently 48 hours later to prevent ingrown hairs.

Common mistakes: Doing it on wet skin (won't work), not holding the skin tight (more painful, worse results), tearing the strip too slowly (hurts more, pulls less hair), doing it too frequently (causes irritation).

How to Do Dermaplaning (Steps)

1. Start with clean, dry skin. No makeup, no products.
2. Hold your skin taut with one hand.
3. Hold the dermaplaning razor at a 45-degree angle to your skin.
4. Gently scrape the razor downward, using light pressure. You're not shaving hard like you would your legs. You're gently gliding.
5. Rinse your face. You'll see a lot of dead skin come off—that's normal.
6. Pat dry and apply a gentle moisturizer.
7. Use sunscreen for the next week because your skin is more sensitive.

Common mistakes: Using too much pressure (can cause irritation or small cuts), doing it against the grain of the hair (less effective), doing it too frequently (more than once a week is too much).

How to Use an Epilator (Steps)

1. Start with clean, dry skin.
2. Stretch the skin tight (super important).
3. Hold the epilator at a 90-degree angle (perpendicular to your skin).
4. Glide it slowly in the direction of hair growth. Move slowly. Don't rush.
5. Go over the same area 2-3 times until it's smooth.
6. Apply a soothing lotion after.
7. Exfoliate 48 hours later to prevent ingrown hairs.

Common mistakes: Using it on wet skin (won't work well), going too fast (misses hairs), not stretching the skin (more painful), doing it on the same area too many times (irritation).

The Threading Situation

Here's the thing about threading: you can't really do this at home unless you're a magician. Threading requires skill and practice. So if you're considering threading, you're going to the salon.

But here's how to find a good threader and not waste money:

1. Ask for recommendations from friends. Someone has a threader they trust.
2. Go to a salon that specifically advertises threading. Not a general salon. A threading specialist.
3. Book for your face only. Not your body. Threading on large areas takes forever.
4. Tell the threader exactly what you want. "I want my upper lip done and my chin." Be specific.
5. Start with just one area if you're nervous. Don't commit to full-face threading if you've never done it.
6. Check the results. A good threader should leave your skin clean and your hair completely gone for 3-4 weeks.
7. Go back to the same person. Consistency matters.

Cost Reality Check

Let me do the math for you so you actually see the difference.

If you go to a salon weekly at ₦60,000/week:

- Monthly: ₦240,000
- Yearly: ₦2,880,000
- 10 years: ₦28,800,000

If you do at-home waxing monthly:

- Monthly: ₦5,000-10,000
- Yearly: ₦60,000-120,000
- 10 years: ₦600,000-1,200,000

If you do threading monthly:

- Monthly: ₦5,000-10,000
- Yearly: ₦60,000-120,000
- 10 years: ₦600,000-1,200,000

If you do dermaplaning every 2 weeks:

- Monthly: ₦1,000-3,000
- Yearly: ₦12,000-36,000
- 10 years: ₦120,000-360,000

Even laser, which is expensive, if you spend ₦500,000 upfront and get permanent results, that's still cheaper than 2.5 months of salon visits. And if you get semi-permanent results (3-5 years), you're ahead financially.

The point: any method you choose is cheaper than the salon habit.

A Real Example

My cousin Funke tried three methods before she found her winner. She tested at-home waxing first—hated it, said it was too messy. Then she tried an

epilator—said it hurt too much the first time. Then she found a good threading place, started going every 4 weeks, and never looked back. She spends ₦7,000 a month on threading. That's it. She's been doing it for three years. She's saved over ₦750,000 compared to what she would have spent at her old salon.

She says the threading was her answer because she liked the professional touch but the affordability of not going weekly. It's sustainable for her life.

Your answer might be different. That's the whole point of this testing phase.

Where to Buy Everything (Nigeria + Diaspora)

I'm giving you specific places because vague advice is useless.

For wax strips: Jumia, Konga, or any pharmacy. Brands: Veet, Sally Hansen, or Epilx.

For epilators: Jumia, Konga, Slot Nigeria, or Amazon. Brands: Philips, Braun, or Kemei.

For dermaplaning razors: Any pharmacy in Nigeria. Brands: Gillette, BIC, or local brands. Or buy online from Jumia.

For threading: Ask friends for recommendations in your city. In Abuja, check Google Maps for "threading salons near me." In Lagos, same thing. Look for places with good reviews.

For laser/electrolysis: This is where you need to be careful. Laser clinics in Nigeria vary wildly in quality and equipment. Only go to reputable clinics with certified practitioners. Ask to see before/after photos. Ask about their equipment. Don't go to sketchy places.

In diaspora (UK, US, Canada): You have more options. Use Google Maps, read reviews, and make sure they have experience with darker skin tones.

What to Do Right Now (Days 6-20)

Today: Pick your two methods to test.

Tomorrow: Buy supplies for method #1.

Days 7-12: Test method #1.

Days 13-19: Test method #2.

Day 20: Compare and pick your winner.

Document everything. How it felt. How it looked. How much it cost. How long the results lasted. How your skin reacted. This information is gold.

By the end of Day 20, you should know exactly which method you're going with. Not theoretically. Actually, from personal experience.

In the next chapter, we're moving into Phase 3—the Lock In phase. You've found your method. Now we're building a routine you can sustain forever. We're calculating your exact costs. We're addressing the shame piece. And we're making sure this actually sticks.

This is where everything clicks into place.

CHAPTER 6:

Lock In Your New Routine (Days 21-30)

Okay, so you've tested your methods. You know what works. You have your winner. Now comes the part that actually determines whether this change sticks or whether you slide back into old habits.

Finding the right method is great. But actually doing it consistently, week after week, month after month that's the real work. That's what separates the women who escape the salon trap from the women who just talk about it.

This chapter is about making it real. Making it automatic. Making it something you do without thinking about it, the way you brush your teeth.

Create Your Personalized Maintenance Plan

Right now, I want you to actually write this down. Not think about it. Write it.

Question 1: What is your chosen method?

Write it down: "My chosen method is _____."

Question 2: How often do you need to do it?

If you're threading: Every 4 weeks.

If you're doing at-home waxing: Every 3-4 weeks.

If you're doing an epilator: Every 3-4 weeks.

If you're doing dermaplaning: Every 1-2 weeks.

Write it down: "I will do this every weeks."

Question 3: What day and time will you do it?

This is important. You need a specific day and time. Not "sometime this week."
Not "when I get around to it."

Saturday morning at 10am. Sunday evening after dinner. Tuesday night before bed.
Pick one. Make it a ritual.

Write it down: "I will do this on ____ at ____."

Question 4: What supplies do you need?

Wax strips? Razors? Lotion? Make a shopping list. Buy enough supplies to last 2-3 months so you're not scrambling when you run out.

Question 5: How much will this actually cost you?

This is the number that keeps you motivated. Calculate it.

Let's say you chose at-home waxing at ₦7,000 per box every 4 weeks. That's roughly ₦7,000-8,000 a month. ₦84,000-96,000 a year.

Compare that to what you were spending: ₦240,000 a month, ₦2,880,000 a year.

You just freed up ₦2,784,000 a year. Write that number down. Look at it. That's your motivation.

Question 6: Where will you keep your supplies?

Not in some random drawer. Somewhere visible. Somewhere you'll see them and remember to use them. A basket in your bathroom. A shelf in your bedroom. Somewhere that makes it easy and obvious.

Setting Up Your Routine So It Actually Sticks

Here's the thing about habits: they stick when they're connected to something you already do.

If you're doing dermaplaning, do it right after you shower. Connect it to your existing shower routine.

If you're doing waxing or epilator work, do it on Saturday morning. Make it part of your weekend ritual. After this, you treat yourself to something like tea, a face mask, whatever. Make it something you look forward to, not something you dread.

If you're threading at a salon, book the appointment and put it in your phone calendar with a reminder one week before. Actually set the reminder.

The first month will feel intentional and deliberate. You'll have to remind yourself. That's normal. By month three, it'll be automatic. You'll do it without thinking because it's just what you do now.

I had to set phone reminders for the first two months. By month three, Saturday morning 10am was just my waxing time. I didn't even think about it. It was like brushing my teeth.

The Money Liberation Piece

I want you to actually feel the financial shift, not just understand it intellectually.

Open your notes app right now. Calculate:

What you were spending: ₦60,000 per week = ₦240,000 per month = ₦2,880,000 per year.

What you're spending now: (your chosen method's cost) per month = (multiply by 12) per year.

How much you're saving: Subtract your new cost from your old cost.

Let's say you're doing at-home waxing at ₦8,000 monthly. You're saving ₦232,000 every single month. That's ₦2,784,000 a year.

What are you going to do with that money?

- Pay off a debt?
- Invest in a business?
- Save for your child's school fees?
- Take a vacation with your husband?
- Build an emergency fund?
- Upgrade your home?

Pick something. Make it real. Write it down: "With the money I'm saving, I'm going to _____."

That's not just hair removal. That's your freedom.

Addressing the Shame Piece

Now we need to talk about the emotional part, because the practical stuff is only half the battle.

You've organized your entire adult life around shame. You've been avoiding people, avoiding situations, avoiding your own body. That shame doesn't disappear just because you found a cheaper method.

So we need to actually work on it.

Reframing Exercise #1: Separate the Hair from Your Worth

Sit with this for a minute: your hair doesn't determine your femininity. Your hair doesn't determine your attractiveness. Your hair doesn't determine whether you deserve love or intimacy or respect.

A woman with body hair is still a woman. A woman with a hairy upper lip is still beautiful. A woman with hair on her legs is still sexy.

I know this sounds like motivational poster stuff, but I mean it. The shame you feel isn't coming from the hair. It's coming from a story you've been told—that smooth, hairless skin is the only acceptable way for a woman to look.

But look around. Women have hair. It's normal. It's biological. It's not a flaw.

Reframing Exercise #2: Your Partner Probably Doesn't Care

I asked my husband once, point blank: "Does my body hair bother you?"

He looked at me like I had three heads. "No," he said. "Does it bother you?"

And I realized he genuinely didn't care. I'd been carrying this shame alone. He was just living his life, loving me, not noticing or caring about the thing I was obsessing over.

If this applies to you if you have a partner, ask them. I bet they don't care. And if they do, that's a different conversation. But most people don't care about the things we're most ashamed of.

Reframing Exercise #3: You're Making a Choice, Not Fixing a Problem

This is important. You're not fixing something broken. You're making a choice about how to manage your body.

Some women choose to have smooth skin. Some women choose to let their hair grow naturally. Some women choose to remove some hair and keep some. It's all valid.

What matters is that you're making the choice. Not the salon industry. Not society. Not your mother. You.

That choice is power.

What to Do If Your Method Stops Working

Real talk: sometimes methods stop being effective. Hair adapts. Skin changes. Life circumstances shift.

If you notice that your chosen method isn't working as well as it used to, here's what to do.

First, be patient. If you've been doing the same method for 6+ months and suddenly it feels less effective, that's normal. Your body adapts. Try a different application technique. Watch a YouTube video. Ask someone who does it professionally.

Second, consider escalating. Maybe at-home waxing stopped being effective, but threading still works. Maybe dermaplaning stopped working, but an epilator does. It's okay to combine methods or switch.

Third, know when to talk to a professional. If nothing is working and the hair is still the main thing bothering you, and you have the budget, it might be time to

consider laser or electrolysis. This doesn't mean you failed. It means you tried what you could do yourself, learned a lot about your body, and now you're ready for the next level.

The Maintenance Ritual

Beyond the actual hair removal, there's a maintenance ritual that keeps everything smooth and prevents ingrown hairs.

After you remove the hair:

1. Apply a soothing lotion immediately. Aloe vera, or any body lotion works.
2. For the next 24 hours, avoid hot showers, hot baths, tight clothes, and heavy exercise (you'll sweat and it'll irritate your skin).
3. Starting 48 hours after removal, exfoliate gently 2-3 times a week. This prevents ingrown hairs.

Use a gentle exfoliating scrub or a soft washcloth. Nothing aggressive.

4. Keep the area moisturized. Dry skin leads to irritation and ingrown hairs.

This whole ritual takes 5 minutes. It makes the difference between smooth skin and irritated, bumpy skin.

Real Stories: Women Who Made the Transition

Let me tell you about three women I know who went through this exact process.

Amara's Story:

Amara tried threading. She found a threader in Surulere who was absolutely brilliant. She goes every 4 weeks, pays ₦8,000, and she's done. Just her facial hair.

She leaves the rest alone. She's saved over ₦800,000 in the last year. She uses the money for her kids' school fees. She says the best part is that she feels confident now. She wears red lipstick without worrying about what's happening above her lip.

Zainab's Story:

Zainab bought an epilator. The first time was painful. She almost gave up. But she pushed through. Now, a year later, she does it at home every 3 weeks. It takes her 20 minutes. Costs her maybe ₦500 a month for replacement parts. She's saved ₦2.7 million. She's also noticed that the hair is growing back finer now because she's been consistent. She might actually get permanent reduction over time.

Chidinma's Story:

Chidinma did at-home waxing for 6 months, then switched to dermaplaning because her skin was getting irritated from the waxing. Now she dermaplanes every 10 days, costs her ₦1,500 a month, and she's fine with it. She accepts that she'll need to do it more frequently, but the trade-off is her skin is healthier. She spends way less time at salons and way less money overall.

All three of them are happier. All three of them have reclaimed their time and their money. All three of them are managing their hair on their own terms, not the salon's terms.

Your Personalized Maintenance Plan (Days 21-30)

By the end of this chapter, here's what you need to have:

Day 21: Write down your maintenance plan. Method, frequency, day, time, supplies needed, cost.

Day 22: Buy all your supplies. Stock up for 2-3 months.

Day 23: Set up your space. Basket in the bathroom. Reminder in your phone. Whatever you need.

Day 24: Do your first official scheduled treatment. Document it. How did it feel? How were the results?

Days 25-28: Sit with this knowledge. Process the financial liberation. Let go of the shame. Write in a journal if that helps.

Day 29: Calculate your savings one more time. Look at that number. Feel it.

Day 30: You're done with the 30-day system. You've moved from confusion to clarity. From the salon trap to freedom.

You now have a plan. You now know exactly what to do and when to do it. You now understand why you were stuck and how to never get stuck again.

In the final chapter, we're putting it all together. You're going to get a day-by-day action plan for the next 30 days and a clear roadmap for what comes after. More importantly, you're going to know exactly what to do starting today.

This is where everything clicks.

CHAPTER 7:

Your 30-Day Action Plan (Start Here)

We've covered a lot. You understand your body. You know why you got stuck. You've learned about different methods. You have a plan to move forward.

But understanding isn't the same as doing. And talking about change isn't the same as actually changing.

This chapter is where theory becomes reality. This is your actual, day-by-day roadmap for the next 30 days. This is what you do when you close this guide.

The 30-Day Roadmap at a Glance

Days 1-5 (Understand Phase): You take the assessment quiz, figure out what's actually happening in your body, and sit with that knowledge.

Days 6-20 (Act Phase): You test 2-3 hair removal methods and find your winner.

Days 21-30 (Lock In Phase): You build your maintenance routine, calculate your savings, address the shame, and lock in a plan for life.

That's it. Four weeks. By the end, you're free.

Week 1: Know Yourself (Days 1-7)

Day 1 (Today):

Print or open the Hair Assessment Quiz from Chapter 4. Answer all the questions honestly. Write down your answers. Take 30 minutes for this.

This is important. Don't skip it. The rest of this system doesn't work if you don't know what you're actually dealing with.

Days 2-3:

Look at your answers. Which category do you fall into? Genetic, hormonal, or PCOS? Read the description that matches. Write down how you feel about it. Relieved? Motivated? Validated?

Days 4-7:

Research your situation a bit more. If it's genetic, look up family history. If it's hormonal, think about what changed in your life. If it's PCOS, research what PCOS actually is (it's not as scary as Google makes it sound).

By the end of Week 1, you should understand your situation. You should stop wondering "why me?" and start knowing "this is what's happening, and here's what to do about it."

Week 2: Find Your Method (Days 8-14)

Days 8-9:

Pick your first hair removal method. Go to the store or order online. Get your supplies. Make a list of what you need before you go shopping so you don't waste time.

Days 10-12:

Do your first treatment with method #1. Follow the instructions carefully. Document how it went:

- Did it hurt?
- How smooth were the results?

- How long did it take?
- How did your skin react?
- Would you do this again?

Days 13-14:

Research your second method. Watch YouTube videos. Read reviews. Find out where to buy it. Order supplies or plan when you'll get them.

By the end of Week 2, you're actively testing. You're not just thinking about this. You're doing it.

Week 3: Confirm Your Choice (Days 15-21)

Days 15-19:

Apply your second method. Same process as Week 2. Document everything. Compare method #1 and method #2.

Which one felt better? Which one gave better results? Which one could you actually do consistently? Which one fits your life?

By day 20, you should have a clear winner.

Day 21:

Write down your decision. "My chosen method is _____. I will do it every ____ weeks, on ____ at _____. It will cost me ₦ _____ per month."

This is the day you commit. Mentally and on paper.

Week 4: Build Your Life (Days 22-30)

Days 22-24:

Buy all your supplies for the next 2-3 months. Set up your space. Put a reminder in your phone. Make it easy for yourself.

Days 25-26:

Do your first official scheduled treatment with your chosen method. Make it feel like a ritual, not a chore. Light a candle. Put on music. Treat yourself well.

Document the results. This is the beginning of your new routine.

Days 27-29:

Calculate your savings. Work out exactly how much money you're freeing up every month. Write down what you're going to do with that money. Make it real.

Also: do the reframing exercises from Chapter 6. Let go of the shame. Accept your body. Make peace with this.

Day 30:

Celebrate. You did it. You moved from confusion to clarity. From the salon trap to freedom. From ₦2.8 million a year to ₦100,000-200,000 a year.

That's not small. That's life-changing.

Take a photo of yourself. Write down how you feel. You're going to look back at this and remember the moment you took your power back.

What to Do After Day 30

The 30-day system ends, but your new life doesn't. Here's what happens next.

Weeks 5-8: You continue your routine. You do your chosen method on your scheduled day. It starts to feel automatic. You don't have to think about it. You just do it.

Months 2-3: The routine is solid now. You're not even thinking about the salon. You're not spending ₦60,000 a week. You're managing this yourself. You're free.

Months 4-12: This becomes your normal. Just like brushing your teeth. Just like taking a shower. Your body. Your choice. Your money. Your time.

After a Year: Look back. You'll have saved ₦2.7+ million. You'll have spent over 150 hours not sitting in a salon chair. You'll have reclaimed your confidence. You'll remember what it was like to be ashamed and think, "I can't believe I lived like that for so long."

Troubleshooting: What If Something Goes Wrong?

"I started the treatment and my skin got irritated."

This is normal. Stop doing that method for a few days. Apply soothing lotion. Once your skin feels better, try again but use lighter pressure or less frequent application. If it keeps happening, switch to a different method.

"I did the assessment quiz but I'm not sure which category I fall into."

That's okay. If you're torn between two categories, you probably have elements of both. Follow the advice for both. Address hormones AND do consistent hair removal. Can't hurt.

"I tested a method and it didn't work for me, but I'm not sure what to try next."

Go back to the methods comparison chart in Chapter 5. Look at your other options. Test another one. You have six methods to choose from. One of them is right for you.

"I did this for two weeks and then stopped. I went back to the salon."

This happens. Don't beat yourself up. You didn't fail. You just needed to restart. Do the 30-day system again. This time, you know it works because you've already seen it work.

"My results aren't lasting as long as the guide said they would."

Hair growth varies. Your hair might grow faster than average. That's okay. Just do your method more frequently. If it lasts 3 weeks for someone else but 2 weeks for you, do it every 2 weeks. It's still cheaper and faster than salon visits.

"I'm saving money but I feel guilty spending it on myself."

Don't. You spent ₦2.8 million a year on hair removal. Taking that money and using it for yourself is not selfish. It's reclaiming what was always yours. Spend it on something that makes you happy. You deserve it.

Real Women, Real Results

Let me tell you what happened to some women who went through this system.

Ngozi's Transformation:

Ngozi was spending ₦65,000 a week on salon visits. She was terrified of her husband seeing her with hair. She avoided swimming. She was stressed about money constantly.

She did the 30-day system. Found threading. Now she goes to a threader every 4 weeks for ₦8,000. She saved ₦2.5 million in the first year. She used the money to start a small business selling skincare online. She now makes more from that business than she did from her job. She says the hair removal thing changed her life because it freed up her mental space and her money to pursue what she actually wanted.

Bolanle's Story:

Bolanle had PCOS. She didn't know it until she did this system and realized it was probably hormonal. She started addressing the hormonal piece—spearmint tea, stress management, better sleep. She also found at-home waxing as her method.

Six months in, she noticed something: the hair was growing back slower. Not gone, but slower. Her periods became more regular. Her skin cleared up. She's not "cured" but her PCOS is way more manageable. And she's spending ₦80,000 a year instead of ₦2.8 million.

Tola's Reality:

Tola is in the diaspora (Toronto). She did the system and realized the root cause was genetic. She tried threading but found a laser clinic that had good experience with Black skin. She spent ₦600,000 on 8 laser sessions over 6 months.

She's now two years post-laser. She still gets some hair growth, but it's maybe 20% of what it was. She does occasional at-home waxing. Her total annual cost is around ₦50,000. She's saved so much money and time that she took a three-month sabbatical to rest. She says going from ₦2.8 million a year to ₦50,000 and minimal time commitment was worth every penny of the laser investment.

The Bigger Picture

Here's what I want you to know: this isn't just about hair removal.

This is about taking back control. This is about not letting an industry trap you into a cycle of dependence. This is about reclaiming your time, your money, and your peace of mind.

Every week you don't go to the salon is a week you're not sitting in someone else's chair feeling ashamed. Every ₦240,000 you don't spend is money that can change your life.

I went from being trapped to being free. I went from dreading my body to accepting it. I went from spending nearly ₦3 million a year on hair removal to spending ₦100,000. That freed up money, time, and mental space to build a business, invest in my marriage, and actually enjoy my life.

You can do the same.

Your Starting Point is Today

I don't want you to finish this guide and think, "That sounds nice. Maybe I'll try it next month."

No. Start today.

Open your phone. Take the assessment quiz right now. It's 30 minutes. You have 30 minutes.

Don't wait until you have more time. You won't. Don't wait until you're more ready. You're ready now.

This moment—right now—is when everything changes. Not because I said so. Not because it sounds good in theory. But because you're going to take action.

Your Actual Next Steps (In Order)

1. Right now: Take the Hair Assessment Quiz from Chapter 4. 30 minutes. Do it.
2. Tomorrow: Look at your answers. Figure out your category. Read the description.
3. This week: Pick your first hair removal method. Buy supplies.
4. Next week: Do your first treatment. Document how it goes.
5. Week 2: Test your second method.
6. Week 3: Pick your winner. Commit to your new routine.
7. Week 4: Build your life. Buy supplies. Set up your ritual. Calculate your savings.
8. Day 30: Celebrate. You're free.

A Letter to You

I know where you are right now. I know because I was there too.

You're spending money you don't have. You're spending time you don't have. You're carrying shame you don't deserve. You're avoiding your own body. You're feeling trapped.

But you're not stuck. You're not broken. Your body isn't the problem. The system is the problem.

And you can get out of it.

I did. Ngozi did. Bolanle did. Tola did. And you can too.

It takes 30 days. It takes honesty. It takes a willingness to try something different.
That's all.

By this time next month, you could have reclaimed your peace of mind. You could know exactly what you're doing and why. You could have a plan that works for your life, not someone else's life.

You could be free.

I'm rooting for you. Take the first step today.

Your freedom is waiting.

CONCLUSION:

You're Ready

That's it. That's the whole system. No fancy tricks. No expensive products. No promises that everything will be perfect. Just a real, practical plan to get you out of the salon trap and back to your life.

You came into this guide feeling stuck. Spending ₦60,000 a week. Avoiding mirrors. Avoiding your husband. Avoiding yourself.

You're leaving it with a roadmap. A clear understanding of what's happening in your body. A plan to manage it yourself. And the knowledge that you can save nearly ₦3 million a year just by making one simple change.

But here's what matters most: you're leaving it with your power back.

No more shame. No more dependence. No more feeling like your body is betraying you. No more accepting that this is just "the cost of being a woman."

It's not. The cost of being a woman is whatever you decide it is.

In 30 days, you'll know what works for you. In 90 days, it'll feel automatic. In one year, you won't even remember what it felt like to be trapped.

You've already taken the hardest step: you picked up this guide and you read it. You let yourself imagine a different life.

Now go live it.

Start today. Take the quiz. Buy the supplies. Do the thing.

Your freedom is just 30 days away.

You've got this.