

The arm vagina is the next hot body part to feel insecure about



Ellen Scott for Metro.co.uk Friday 1 Dec 2017 2:09 pm



351



Do you have an armpit vagina? Probably, yes. (Picture: metro.co.uk)

MUST READ



A gallery of the craziest eyebrows you will ever see has been shared online

Erm... »

Oh, what fun it is to have a human body in the modern world.

All of your entirely natural features are hideous and wrong and must be corrected through pricey products or painful treatments. Your cellulite, despite 90% of women having it, is *bad*. As are your stretch marks, and thighs that touch, and a stomach that isn't flat after eating a large meal.

It's exhausting just keeping up with which body part we're supposed to be stressed out over next, let alone dealing with the emotional wreckage caused by hating parts of ourselves which are entirely normal and healthy.

This time around in body part trends, people are fixated on the 'armpit vagina' or 'arm vagina'.

Sadly, this is not an incredible affliction that causes you to have an additional sexual organ in your armpit. That could be fun.

The arm vagina is the slight fold of flesh where your arm meets the body. It's generally entirely unnoticeable unless you're wearing something with thin or non-existent straps.

This week, celebrity stylist Rebecca Corbin-Murray told **The Times** that among her clients, one of the issues that comes up 'all the time' is arm vagina. We're talking about celebs praised for their perfect bods – *they're* worrying about the fold of skin by their armpits.



Jennifer Lawrence spoke about her 'armpit vagina' at the SAG Awards back in 2014. (Picture: Frederick M. Brown/Getty Images)

This, obviously, is more than a little ridiculous. If you're a woman and you take a quit look at your arms, it's very likely you have an 'arm vagina' — because that's just what happens when one body part meets another.

And yet, despite how common the arm vagina is, a load of us are feeling deeply insecure about them.

'You will not believe how many photos I have insisted are deleted because of my arm vagina,' Deborah tells Metro.co.uk. 'I end up doing ridiculous hand-on-hip ANTM poses to avoid.'

Meanwhile, I deliberately avoid strapless dresses or anything sleeveless. If I catch a glimpse of myself in the mirror when I'm wearing just a bra and pants, the little flab by my pits is one of the first things my eye shoots to.

While a lot of us make attempts to cover up our arm vagina, some are taking this a little further by committing to surgery.



Here, Beyoncé is doing the classic hands on hip pose to disguise the arm vagina. (Picture: Lars Niki/Corbis via Getty Images)

Hagen Schumacher, expert consultant plastic surgeon at MyAesthetics, tells Metro.co.uk that there has been a 'slow but steady rise of removal surgery for armpit folds within the last few years.'

'A number of these requests have been from young, active women in their twenties, thirties and forties, who probably notice it more from wearing sleeveless activewear,' Hagen notes.

'Patients asking for correction of this laxity often have other areas of concerns, such as droopy breasts or an overhanging abdomen, especially in patients with massive weight loss.'

The surgeries performed vary depending on the cause and extent of an arm vagina.

Dr Munir Somji, cosmetic surgeon and CMO of MediSpa, explains that mini liposuction and the removal of excess skin are popular non-surgical methods, along with injections that are claimed to break down fat.

Dr Sarah Shah notes that she's seen a rise in patients opting for non-surgical treatment options such as CoolSculpting, which works to freeze away fat.



Look, if Sara Sampaio has an armpit vagina, it's okay for everyone else to have an armpit vagina. (Picture: Michael Stewart/WireImage)

If the main concern is excess skin, a cosmetic surgeon may perform removal, but if the skin has good elasticity but more fat, liposuction will be used.

'Most commonly this is a two-hour general aesthetic procedure and patients can go home the next day,' says Dr Shumacher.

These all sound like quick miracle fixes to a niggling concern, but be warned – removing the skin doesn't improve the quality of the skin that's left over. It can and will continue to sag, and your arm vagina may return.

And more importantly, all of these surgical treatments are being offered to 'fix' something that really, truly isn't an issue.

Having an arm vagina doesn't mean you have excess skin or fat. It doesn't mean you're weird or unattractive.

MORE: BODY IMAGE



Woman with facial birthmark is going viral for her inspirational body positivity



Meet the woman who lost 7st after failing to recognise herself in photos



Meet the bikini model who wants you to know that no one's as naturally thin as you think

Pretty much everyone has an arm vagina because it's very difficult for two body parts (your arm and your chest) to meet without causing a little fold.

It's often not an area that you can get rid of yourself, as the underarm tends to be the area that is the most resistant to weight loss – which explains why so many super fit, young, toned women are paranoid about the little flab under their pits.

It's perfectly normal to be insecure about an arm vagina. We hardly ever see arm vaginas out on display in adverts or on TV (models tend to push their arms away from their body, or their arm vagina will get Photoshopped out), which makes us feel like we must be the weird ones for having a fold of skin. In reality, it's entirely normal.

Let's make 2018 the year we refuse to give into obsessive body trends, question *why* we're telling ourselves an ordinary body part is something to be ashamed of, and display our arm vaginas loud and proud. Stop doing the 'skinny arm' in every single photo. Let your arm vagina breathe, wild and free.