

WAXING BEFORE CARE

- ☐ Trim the hair before your appointment. Longer hair can be more painful to wax.
- ☐ Ensure your hair is at least 0.5cm long, so your esthetician can remove the hair without using a couple waxes. First time waxers should have hair growth of about 1.5cm.
- ☐ Exfoliate the waxing area 24 hours before your appointment. This will keep the skin soft, smoother, and prevent ingrown hairs.
- ☐ Bath or shower on the day of your appointment to open up follicles, allowing for easier hair removal.
- ☐ Do not apply any deodorants, make-up, lotions, soaps, powders, perfumes or self-tanning products to the area to be waxed.

WAXING AFTERCARE

For the first 24 hours after a waxing service, avoid the following to prevent irritating the skin:

- ☐ Touching or scratching
- ☐ Exfoliating
- ☐ We suggest you rather shower in a cooler temperature. Ensure the water runs off the waxed area and you do not wash or scrub this area
- ☐ Perspiration and friction
- ☐ Saunas and steam rooms
- ☐ Exercise, gyms and swimming
- ☐ Sunbathing, sunbeds or any sunlight and UV exposure.
- ☐ Applying products such as deodorants, make-up, lotions, soaps, powders, perfumes etc.
- ☐ Tight fitted clothing that may cause friction
- ☐ Keep the area clean and dry for 24 hours after your appointment

1-2 DAYS AFTER APPOINTMENT

It is important to prevent ingrown hairs. The skin will close over the follicles and new hair may get trapped causing ingrown hairs.

- ☐ Gently exfoliate 2-3 times a week with a body scrub. Start this routine 1-2 days after the waxing treatment. Remember to not over exfoliate as this can cause damage to the skin.
- ☐ Follow your exfoliation with an enriching and nourishing moisturizer. This process will prevent ingrown hairs and ensure that your next wax is easier and a little less painful.

WAXING MAINTENANCE

It is important that you plan your waxing treatments.

Your maintenance schedule will depend on your hormones, your natural hair growth cycle and other requirements. You will notice that new hair will start to grow back within 2-3 weeks.

We suggest follow up appointments **3-4 weeks for facial waxing** and **4-6 weeks for body waxing**.

After your waxing service, you may expect the area to be red, some may experience blood spots due to thicker, coarser hair and the area may feel tender and tingle.