

FEBRUARY , 2024

# EUROPEAN ESTHETICS

GET THE MOST OUT OF YOUR WAXING

**You love that smooth, fresh feeling...**

Getting the most out of waxing and hair removal comes down to two things:

skin care and scheduling.



## Skin Care

### **Before waxing**

Make sure to exfoliate your skin a day or two before a waxing appointment. You should use a gentle method that will slough off dead skin and clear hair follicles but not irritate the skin. Use a loofah, soft brush or body scrub.

### **After waxing**

Avoid the sun or apply sunscreen routinely for a few days after waxing. However, sunscreen can irritate sensitive skin and contribute to clogged pores, so avoiding the sun altogether is best. Best is to also avoid saunas, steam rooms, swimming pools, oceans, and other bodies of water for the first few days after a wax.

Soon after waxing, plan to soothe the skin, as it can be irritated and red. You should moisturize often, using products that don't irritate or clog pores. Clients who are likely to get bumps and ingrown hairs should consider using No Bump or Finipil, post-waxing products that we carry at European Esthetics.

### **Between waxing**

Waxing works best on healthy skin. Dry, flaky skin can interfere with the benefits of waxing, so keep skin healthy with regular cleaning, exfoliation, and moisturizing. Don't overlook the benefits of regular hydration, good nutrition, and activities that increase circulation, like aerobic exercise.

Do not pick, scratch, or tweeze ingrown hairs because that can lead to further irritation and possibly infection. Also do not shave between waxing appointments. Occasionally tweezing a few hairs is fine, but no shaving. Shaving changes the pattern of hair growth and hair texture, which can make waxing harder or less effective, while also causing irritation and itchy stubble.

## Scheduling Appointments

### **Schedule regularly spaced appointments**

Waxing should be done on a regular schedule, about 3-6 weeks for most people. The timing is based on how long it takes for hair to reach the best length for waxing. The ideal length for waxing should be 1/4-1/2 inch. When hair is longer, it's easier to remove from the roots and will take longer to grow back in. When hair is too short, not all hairs will come out, so you will see regrowth much sooner.

Factors that affect hair growth include age, hormones, weather, and skin care routines. Regular waxing also affects hair growth, leading to slower and less dense hair growth over time.

### **Book regular appointments at the right intervals.**

Schedule year-round appointments—not just during bikini season. Waxing is a skin care routine that has more benefits the longer it's done. One major difference between shaving and waxing is that waxing pulls out hair from the follicles and shaving cuts off hairs in mid-growth, often when they're thickest.

Over time, waxing helps hair grow in a steady cycle and pattern, while weakening the hair because of the impact on the follicles. This causes hair to grow in more slowly and sparsely. Clients who wax regularly tend to have longer times between appointments because the waxing results last longer.

Waxing is often associated with warm weather or tropical vacations, but waxing needs to be done year-round for the greatest impact when it is most wanted.

Having regular appointments throughout the year, hair will be growing in more slowly and less noticeably by the time bikini season rolls around.

**Make sure to book several appointments ahead of time as we book up quick and you will want to have the right spacing for your waxing.**