

## WAXING AFTERCARE ADVICE



To get the best possible results from your treatment over the next few days, please follow the guidelines below.

**Note:** Some slight soreness, small bumps and redness are common and perfectly normal temporary reactions particularly if this is your first wax. These symptoms should subside over the next 24-48 hours. If you experience persistent redness or irritation, or if you have any questions please do not hesitate to contact me.

**Keep the waxed area clean and avoid heat and friction during the next 24-48 hours.**

This means

- ❖ No hot baths or showers (cool to lukewarm only)
  - ❖ No saunas, hot tubs or steam treatments
  - ❖ No tanning (sunbathing, sun beds or artificial tan)
  - ❖ No sports, gym or exercise
  - ❖ Avoid scratching or touching the treated area with unwashed hands
  - ❖ Avoid sexual contact (intimate treatments only)
  - ❖ Avoid swimming in chlorinated pools
  - ❖ Do not apply deodorants, body sprays, powders, lotions or make up to the waxed area.
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- ✓ Wear clean, loose fitting clothing
  - ✓ Always wash hands before applying any product
  - ✓ Use a sunblock on exposed areas of skin 2-3 days following treatment.

**To minimize ingrown hairs:**

Starting 2 days after your treatment exfoliate the waxed area 2-3 times a week using a loofah, exfoliating mitt or scrub. Moisturize the area daily, which will keep the skin supple and encourage new hairs to grow through easily.

You may notice a small amount of re-growth after a week or so. It can take up to 4 treatments for your hair to get on a growth cycle that gives best results. Hair should be about ½ inch long to be successfully removed by waxing. Please do not shave, tweeze or use hair removal cream between appointments.

To maintain your new, smooth appearance I recommend regular waxing every 4 weeks.