

## Waxing Before and After Care

### Before

- Hair should be no shorter than 1/4 inch (preferably longer) to be removed effectively. (If hair is too long, I will trim it for you)
- Avoid prolonged sun exposure at least 24 to 48 hours before and after your appointment.
- Exfoliate the area to be waxed to loosen hairs before your appointment. (I highly recommend exfoliation as part of your everyday routine to keep skin smooth and to prevent ingrown hairs).
- Ibuprofen may be taken 30-45 min prior to your waxing appt. to help with pain during the wax.
- Avoid caffeine before your wax, especially if this is your first time, as this can make you more sensitive. -For ladies, waxing can be a bit more painful on or near menstruation, so please plan accordingly. I can still wax you during this time, but be aware that you may be more sensitive.
- Let me know if you are on or have recently been on any medications that could contraindicate the waxing, including, but not limited to, Accutane, Alpha or Beta Hydroxy Acids(glycolic, salicylic etc..), Antibiotics, Benzoyl Peroxide, Differin, Retin-A/Retinol or any other skin thinning medication.

### After

- Avoid touching any newly-waxed areas with your hands. This can cause bacteria to get into the open follicles and may cause pimples.
- Avoid heat after your wax for at least 24 hours, this includes hot tubs, steam rooms and suanas.
- Avoid chlorinated water for 24 hours after your appt.
- Do not use any highly fragranced lotions, scrubs, cleansers or perfumes on freshly waxed areas.
- No exercise for 24 hours following your appointment as sweat can cause irritation.
- Use a glycolic or salicylic acid-containing product such as Clear X Serum on a daily basis to prevent ingrown hairs. This can be purchased at the studio for \$20.
- Return for your maintenance wax within 4 to 6 weeks.