

## Waxing Before & After Care

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Although we can not predict or guarantee who may react, most clients do not experience reactions beyond redness and minor irritation. Hair may break at the root during waxing, if hair is thin or weak, causing some hairs to grow out faster. Please follow these guidelines to minimize irritation and possible break outs.

### Our Top 8 Waxing Tips

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1. Avoid the sun immediately after waxing and wear sun screen; recently waxed areas are prone to hyperpigmentation (permanent darkening of the skin) if exposed to the sun or solarium. Avoid saunas, steam rooms, whirlpools and other heated sources for at least 48 hours.
2. Avoid heavy exercise for at least 24 hours after waxing.
3. Do not use exfoliating products (AHAs, scrubs, etc) and loofas for at least 24 hours after waxing as they might further irritate your skin.
4. Avoid tight clothing after waxing, especially in the waxed areas. Tight clothing may in irritation and ingrown hairs.
5. Regular twice to three times per week exfoliation is helpful to remove dead skin so your hairs can get out above the surface of the pores and not become ingrown.
6. No hot baths, hot showers or sexual activity for 10 hours after a Brazilian. While your pores are open, they are vulnerable to irritation by the extreme temperatures and infection by bacteria.
7. Moisturize with a tee tree or lavender lotion after every shower, this has a soothing healing, and antibacterial effect. If using an ingrown solution, use this alone until the in-growns and redness is minimized, and then return to the lotion for maintaining your bikini area.
8. Routine waxing helps the skin get accustomed to the procedure and may minimize irritation.

*Relax your mind, body and soul...*