

WAXING & THREADING IMPORTANT TIPS & AFTER CARE

BEFORE YOUR TREATMENT

- No matter where you're waxing/threading, check the skin before you go in for your appointment. Broken skin or inflammation needs to heal before you're ready to wax.
- Keep hair long enough for the wax/thread to grip it. Two to three weeks of growth, or about an eighth to a quarter of an inch, is ideal for leg, underarm and bikini hair.
- Gently exfoliate your skin a day or two before waxing, but skip harsh scrubs the day of your waxing/threading appointment.
- Moisturize well on the days leading up to your appointment, but not the day of. Healthy, well-moisturized skin allows the wax to release more easily.
- Whether you prefer a Brazilian Wax or regular bikini, keep skin in the bikini area scrupulously clean. Waxing can leave skin vulnerable to infection, and areas of the body that are normally warm and damp are more prone to bacterial growth.
- Discontinue retinol-based products for two weeks before waxing. Accutane users should stop taking their medication for 3 months to a year before waxing. Before making any changes to your prescription medications, talk to your dermatologist.
- As women are more sensitive around their menstrual cycle, you may wish to schedule your waxing/threading appointments around your cycle.
- You may take such OTC pain management such as Tylenol, Advil, or aspirin, 30 minutes before your treatment.
- Please discuss the option of using one of the topical anesthetics (numbing agents) we offer with your clinician before you arrive for your treatment, especially Brazilian Waxing.
- Remove your makeup before your appointment, so the hair follicles are clean and accessible. Clean skin releases unwanted hair more easily.

AFTER YOUR TREATMENT

- **No Sun:** During a waxing service, the top layers of your skin can be removed in the process, which can heighten your sensitivity to the sun and increase your chances of sunburn.
- **No Sauna/Steam Room:** It's best to avoid extreme heat post treatment. Waxing can heat up the body, so cool it down afterward with a cold compress instead of a scalding hot shower.

- **No Synthetics:** If receiving a bikini wax, wear looser clothing and natural fabrics, like cotton, so that skin can breathe easy as it calms down post treatment. Also, you may want to shy away from thongs to prevent added irritation after a freshly waxed bikini.
- **No Sex:** This one may seem counterintuitive, but medical experts recommend abstaining from sexual activity for the first 48 hours after any type of bikini wax. This time period is when your body is most susceptible to outside bacteria that can potentially cause an infection, not to mention more sensitivity.
- Make sure the treatment area is covered with an SPF 30+ daily.
- Avoid touching the treated area with your hands. Wash hands frequently.
- Avoid rubbing the treated area vigorously. Avoid manual exfoliation (scrubs, loofahs) for 48 hours post treatment.
- Avoid using heavy creams or any type of topical acid (fruit acids, glycolic, salicylic, etc.) or similar product for 48 hours after treatment and use caution prior to treatment.
- Avoid river or lake swimming for 48 hours post treatment.
- Report any skin reactions immediately to your clinician and make a note to discuss at your next visit.
- Schedule your waxing appointments about a month apart, exfoliate between visits, and don't shave for the best results! If you wait longer, the hair is longer and tends to make the removal process more intense."

I acknowledge that I have read and understand each of these important instructions for my waxing or threading before and after care.

_____ (initial) _____(DATE)