First timers or it’s been while since your last wax.

Waxing may be painful but it’s bearable. The first wax is usually the most painful but it will get easier each time due to less hair growth and adaptation to the procedure. Recommended to not get waxed day of an even. Give yourself a few days.

# Waxing Contraindications

To ensure a successful waxing experience, please read and follow these instructions.

**WARNING:** Waxing is never done on clients taking Accutane and is not recommended for clients taking Retin A, Renova, Differin or other types of skin thinning acne medications. Please read the label carefully and consult your dermatologist if you are taking any medication or using any topical cream that contains these medications. Individuals do react differently to these medications and sometimes waxing can be done if proper patch testing is completed.

* **Accutane** (Acne medication) – **You must be off this medication treatment course a minimum of one (1) year prior to waxing.**
* **Adapalene** (Acne medication)
* **Alustra** (Retin A)
* **Avage** (See Tazorac – Acne medication)
* **Avita** (See Retin A)
* **Differin** (Acne medication)
* **Isotretinoin** (See Accutane)
* **Renova** (See Retin A)
* **Retin A** (Acne and Anti-aging medication)
* **Tazarac** (Acne medication)
* **Tazarotene** (See Tazorac)
* **Tretinoin** (See Retin A)

**CAUTION:** If you are currently using any of the following, please inform your technician. These products can make the skin more sensitive. Thin, sensitive skin is more vulnerable to lifting and sensitivity during waxing.

* Other Acne medications not listed above
* Bleaching agents for hair (used mostly for upper lip)
* Bleaching agents for pigmentation of skin (Hydraquinone, Trilumena)
* Previous chemical depilatories such as Nair
* Benzoyl Peroxide (ProActive)
* Alpha Hydroxy Acids (Glycolic, Lactic)
* Oral Antibiotics
* Topical Antibiotics
* Retinol
* Salicylic Acid
* Other exfoliants

### Before you wax

#### 1. Hair length

You need some hair growth for the wax to hold onto, we recommend 1/4 of an inch (grain of white rice) that is about 2-3 week of growing it after shaving.

#### 2. Particularly for women

Your skin is the most sensitive the time near your menses, and waxing can be more painful than normal. So your appointment shouldn’t be any closer than a couple of days before or after your period. However you can still wax if you are on your period.

#### 3. Exfoliate

While the skin on the face is generally exfoliated enough in terms of waxing, the body needs a little help. A somewhat gritty body scrub (not St. Ives Apricot) will help to get rid of dead cells around the hair follicles providing an easier exit. Shower and lightly exfoliate your entire bikini area the day before your appointment using warm, not hot water. Make sure you are extra clean.

#### 4. Pain preventers

You may take Ibuprofen or Advil (unless your Dr. said otherwise) 30-45 minutes before your appointment, if you are worried about pain.

**Reduce acidity**

Smoking and regular caffeine and alcohol consumption creates a lot of acid in the body’s system. You might benefit from taking something like Tums 20 minutes before your service to reduce acidity and therefore reduce skin’s sensitivity.

Don’t drink a lot of caffeine or alcohol. While having a couple glass of wine or beer before getting waxed sounds like a great idea, stimulants in the system can cause skin to be extra sensitive to waxing.

Give yourself a couple of hours after drinking coffee or alcohol before getting waxed. Instead, drink a lot of water to hydrate your body and skin.

#### 7. Regrowth

Hair growth has 4 phases Anagen (Growing phase), Catagen (Regression Phase), Exogen (Shedding Phase), Telogen (Resting Phase). Sometimes the very first wax may already grow some stubble after couple of days. It’s not the hair that was just waxed already growing, but it’s another phase that was still in the skin during waxing.

**PRECAUTIONS & CONSIDERATIONS:** Please read these valuable guidelines.

* Sunburned, irritated or areas with open skin cannot be waxed.
* Moles cannot be waxed.
* You must wait a minimum of seven (7) days before waxing after a light chemical peel or Microdermabrasion.
* Waxing cannot be performed if you have been in a tanning booth the same day.
* Waxing cannot be performed if you have had laser skin resurfacing within the past year.
* Waxing cannot be performed if you have had a physician administered peel within the past two (2) years.
* If irritation should occur, recommend you use an antibiotic ointment such as Neosporin to keep the area continually moist to avoid infection and scabbing.

## After you wax

In the first 24-48 hours you may experience some sensitivity like redness or irritation in the area that was treated. These are normal and usually the reactions are less the more you get waxed.

Here are some tips to follow during the first 48 hours after waxing.

• Do not use any exfoliating products, especially ones containing acids, since they might further irritate your skin.

• Showers are better than bathes. Use only lukewarm water-not hot.

• No saunas, steam rooms, whirlpools or other heated sources.

• Do not expose treated area to ultra-violet rays indoor or outdoor for two days. For your own protection always wear sunscreen. Extra precaution should be taken if using tanning accelerators. Wait 2-3 days to wax before/after tanning with accelerators

• Avoid heavy exercise for at least 24 hours.

• To avoid ingrown hairs don’t wear tight clothes for the next couple of days.

• Resist touching freshly waxed skin, especially on the face, as this may encourage irritation and some breakouts.

• Sexual activity should be avoided for at least 24-48 hours.

• To avoid ingrown hair exfoliate the waxed area (starting after 48 hours since treatment) twice-three times a week to get rid of dead skin layer, so your hair can grow above skin surface.

Also applying ingrown hair solution like Get the bump outta here will help maintain smooth skin.

#### Avoid for 24 hrs after waxing

• Makeup, if face is waxed

• Deodorant with aluminum.

• Salt Glow or stimulating body or facial treatments.

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* If irritation should occur, recommend you use an antibiotic ointment such as Neosporin to keep the area continually moist to avoid infection and scabbing.
* No sun/tanning booths for 2 days following a waxing treatment. Extra precaution should be taken if using tanning accelerators. Wait 2-3 days to wax before/after tanning with accelerators.
* No hot baths for 24 hours following a body waxing treatment.
* No abrasives for 24 hours following a waxing treatment.
* No deodorants for 24 hours following an underarm waxing treatment.
* Women may experience extra sensitivity to waxing up to a week prior to the beginning of their menses.