

Top tips for Waxing; Before, During and After care

Nothing beats that smooth, clean feeling after waxing but how do you make it last? How do you avoid in-grown hairs? How do you know if it's for you? Here are some top tips to answer all your questions and make your waxing experience as pain free as possible.

When booking the appointment

Allergies or Medical Conditions

Let your therapist know about any allergies or medical conditions you may have.

Waxing is not suitable for you if:

- you have been using Retin A or Ro-Accutane within the last six months
- you are on Roacutane or acne medication
- you are using anti-ageing or skin thinning products (facial waxing)
- you are sunburnt or have been exposed to UV rays within the last 12 hours
- you have varicose veins*
- you are diabetic*
- you are allergic to essential oils or latex

*Please consult your Doctor as this is dependent on the severity of your condition

Periods

Some women find they are particularly sensitive in the day or two before their period. If this applies to you and it is your first treatment, try scheduling your treatment for after this time.

It is not recommended to have any bikini waxing done during your period as the skin is particularly sensitive at that time.

Before Waxing

Exfoliate

While it is recommended that you exfoliate your body regularly (with a body scrub or bath mitt) pre-wax exfoliation should be done 24-48 hours before waxing.

Dry brushing every day in circular motions towards the heart is not just great for keeping the skin soft but it also helps to prevent in-grown hairs.

Shower

Taking a bath or shower before your appointment will open up the pores and allow the hairs to come out less painfully. Your therapist will appreciate it too!

Do not use moisturiser or deodorant on underarms or use any product which may cause a barrier to the wax and irritate the skin.

Trim

Long hair can be more painful to wax, trimming the hair in the area to be waxed is recommended:

- First time clients should have growth of about 1.5cm
- Regular waxers can trim a little tighter; between 0.5cm and 1cm

Wear loose comfortable clothing

Wearing loose comfortable clothing to your appointment and for a few hours after. This will prevent irritation and allow the pores to breath.

Pain relief

If you have a very low threshold on pain, take an over the counter painkiller 20-30 minutes before your appointment.

Waxing after-care advice

Things to avoid in the first 24 Hours

Your hair follicles will be open after your treatment, so it is important to avoid the following for 24 hours after your wax:

- Excessive perspiration and friction
- Sauna / Steam room
- Hot bath / Shower / Swimming
- UV exposure
- Fake tan / Body Lotion / Perfume
- Tight clothing
- Deodorant (underarms)
- Make Up (facial waxing)

This will help to prevent bacteria getting into the pores and causing infection.

Avoiding In-grown hairs

In-grown hairs look initially like a small red spot. It is important to remove the in-grown hair as soon as possible to prevent it from becoming an abscess.

Tanning lotions, alkaline cosmetics, after-shave products containing alcohol and bars of soap leave a film on the body that could cause in-grown hairs. It is best to avoid these for at least 48 hours post-grooming.

Moisturise the area every day to keep the skin supple and help new hairs to grow through safely.

Should I shave or use removal cream between waxes?

NO! Shaving and hair removal creams increase the growth and thickness of the hair making it more painful for you on your next waxing session. Repeatedly using these removal methods can also harm the epidermis of the skin.

Waxing is the smarter choice because it removes hair below skin level. This immediately weakens the hair follicle so hair grows back more slowly, lightly and sparsely over time. It can take up to 4 treatments for your hair to fall into a growth cycle that gives you optimal results so stick with it and you will see and feel the benefits.

If you must shave between waxing, be sure to shave in the direction of hair growth, not against. Always use shaving cream or gel to protect skin from irritation and ingrown hairs.