

# Waxing Info



We'd like for you to get the most out of your waxing experience, but a lot of that is dependent on things outside of your salon appointment. This info sheet includes tips for what you can do outside the salon to make sure you get the best wax.

## Before Your Appointment

- ☞ Hair should be ¼ - ½ inches long
  - ☞ If it's shorter than this, I recommend pushing your appointment out a few days
  - ☞ If it's much longer than this, I recommend trimming it with a bikini trimmer (or similar) a few days before your wax (try to avoid doing this the night before or day of, since it will likely be too short)
- ☞ Exfoliate
  - ☞ You should be doing this regularly, but make sure you don't skip the night before your appointment
- ☞ Get a patch test
  - ☞ If you're concerned about having a reaction to the products used during your wax service, we can set up a patch test prior to your first appointment

## Day of Your Appointment

### Before Your Appointment

- ☞ Make sure your skin is clean and dry
  - ☞ I will use a cleanser on the affected area, but it's best if you shower that day
  - ☞ Try to avoid using lotion on the affected area that day
- ☞ Wear appropriate clothing
  - ☞ Try to wear clothing that will allow easy access to the affected area if possible
  - ☞ While I always try to avoid it, you may get wax drips on your clothing, so don't wear your favorite shirt, etc.
- ☞ Avoid alcohol and drugs within 24 hours of your appointment
  - ☞ These can cause dehydration, inflammation, etc.
- ☞ Reschedule your appointment if you have any of the following on the day of your appointment:
  - ☞ Contagious diseases (cold, flu, fever, COVID, etc.)
  - ☞ Skin condition (sunburn, rash, cuts, bruises, inflammation, etc.)
- ☞ Avoid your period if possible
  - ☞ Your skin is more sensitive for the 2 days before and 2 days after your period begins, so try to avoid body waxing appointments during that time frame (facial waxing should still be fine)
- ☞ Optional: Take Tylenol or Advil
  - ☞ This is certainly not necessary, but if you are concerned about pain, taking Tylenol or Advil about an hour before your appointment may help you be more comfortable during your wax

### After Your Appointment

- ☞ Be gentle with your skin while it heals
  - ☞ Use a salve or cold compress to decrease irritation
  - ☞ Avoid exfoliating for 24 hours
  - ☞ Avoid sunbathing/tanning for 24-48 hours
  - ☞ Avoid saunas, steam rooms, and super hot showers for 24-48 hours
  - ☞ Wear looser clothing for 24-48 hours
  - ☞ Avoid sex for 24-48 hours (specifically for bikini waxes)
- ☞ Keep the area clean
  - ☞ Avoid perfumes, body spray, deodorant, makeup, etc. for 24 hours
  - ☞ Avoid touching the area, especially without washing your hands first

## Between Appointments

- Take care of your skin
  - Make sure to cleanse, tone, moisturize, and protect (SPF) your skin every day
- Exfoliate
  - Exfoliating between waxing appointments (at least 2-3 times a week) is especially important since waxing can make you more prone to ingrown hairs
- Let your hair grow
  - It can be tempting to pluck, shave, etc. between appointments, but you will get a better wax if the majority of your hair in the affected area is the correct length for waxing

## FAQs

### *How long should I wait between wax appointments?*

- This depends entirely upon your hair growth and will likely be different for different parts of your body. The recommended time between appointments may also change over time as your body changes or you are regularly getting waxed. The main determining factor should be the length of the hair, which should be between  $\frac{1}{4}$  and  $\frac{1}{2}$  inch at the time of your appointment. After your first appointment, I recommend booking your next wax appointment for about 6 weeks out, and then rescheduling your appointment as needed based on your hair growth.

### *Are there any medications or products that might make waxing ill-advised?*

- The short answer is YES. There are several medications and skin-care products that affect the integrity of your skin and may make waxing a bad idea for you. The biggest culprits are Retinol, Retin-A, Accutane, glycolic or salicylic acid, and other acne-treating products. If you are actively using any of these products, be aware that your skin may not be able to handle a wax service. If you are willing to accept the risk and still get a wax service, I HIGHLY recommend scheduling a patch test for 24 hours prior to your wax appointment to check for any complications prior to your full service.

### *Will my skin be perfectly smooth and hairless after my first wax?*

- Most likely, no. Over any given area, the individual hairs are in different stages of growth and are, to some extent, different lengths. Because of that, some hairs may not be the correct length for waxing, or you may have some hairs that are more stubborn. I do use a sensitive hard wax that allows me to wax the same area more than once during your service, which helps pick up some of the stragglers, but it most likely won't get every single hair, especially your first time. Over time, if you are getting regularly waxed (and doing the recommended maintenance between appointments), your hair should get "weaker," meaning it will grow back slower and be easier to remove. Because of this, if you are wanting to get waxed for an important event (vacation, wedding, etc.), I recommend starting waxing treatments at least a few months before if you can.