

## **THINKING ABOUT WAXING?**

**You should NOT be waxed if you have the following:**

Active cold sores or warts

Open wounds or lesions

Sunburn

Excessively sensitive skin

Dermatitis, Psoriasis or Eczema

Untreated skin cancer in treatment site

Rashes, allergies or sensitive skin reactions

Accutane use in the past 12 months

## **THINGS TO AVOID TWO WEEKS BEFORE YOU WAX**

**It is crucial to the health of your skin and success of your hair removal that these guidelines be followed:**

**Avoid:**

Electrolysis, waxing, depilatory creams

Laser or IPL treatments

Chemical peel or microdermabrasion treatments

Retin-A, Renova, Differin, Tazorac

Products containing Retinol, AHA, BHA or Benzoyl Peroxide

Exfoliating products that may be drying or irritating

Sun exposure or sun burn

## **Post Waxing**

**To ensure maximum comfort and benefit after your treatment it is important to follow these steps and those given to you by your professional:**

Avoid applying heat to the waxed area for 12 to 24 hours. This includes hot showers (warm is fine), hot baths, hot tubs, saunas and steam.

Avoid swimming in chlorinated pools, rivers or dirty water for 24 hours.

Avoid sun tanning for 12-24 hours. This includes any strong ultraviolet (UV) light exposure or tanning bed treatments. This also includes use of self-tanners.

Do not exercise or engage in activities that cause heavy perspiration for 24 hours. The perspiration may irritate freshly waxed skin.

Avoid applying highly fragranced products to the waxed areas. This includes scented lotions, anti-perspirants, cosmetics or feminine hygiene sprays. Use only products recommended by your professional.

Avoid using harsh abrasive or exfoliates in the waxed area. However, if you are prone to ingrown hairs, the day after your waxing treatment, exfoliate newly waxed area with a loofah to avoid future problems.

Any pinking of the skin is normal and should disappear within 6 to 8 hours after treatment. Slight pinking is normal and indicates that the hair was removed from the root, rather than superficially broken off, as in shaving. This is the reason that professional waxing lasts so much longer.

Do use an anti-acne lotion recommended by your professional for face, back and chest twice a day until any breakouts go away.

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