**Pre & Post Care For Waxing**

**Pre-Wax Care**

Before your waxing service:

* **DON'T** allow the area to be waxed to have extended sun exposure for 48 hours prior to waxing.
* **DON'T** take blood thinners like Aspirin or alcohol prior to your service.
* **DON'T** book an appointment when you are sunburned, or have overly thinned skin (often due to Acutane, Retin-A, or similar photo-sensitive medications
* **DO** be sure your hair is at least 1/4 of an inch in length
* **DO** lightly exfoliate your skin several days before waxing.
* **DO** be sure that you thoroughly cleanse the area being waxed the day of your service (the skin should not be greasy from oils or lotions).
* 30 minutes prior to waxing services, many clients will take Advil or Tylenol in order to reduce inflammation and pain, but because everyone is different, we recommend checking with your doctor when taking any drugs.

**Post-Wax Care**

After your waxing service:

* **DON'T** exercise for at least 48 hours after your waxing treatment; sweat is a breeding ground for bacteria.
* **DON'T** expose the waxed area to the sun/tanning bed for at least 48 hours
* **DON'T** touch the area with your fingers for at least 48 hours afterwards to avoid cross infection.
* **DON'T** use harsh soaps or acid based products, as these will irritate freshly waxed skin.
* **DON'T** use saunas, public pools, hot spas or hot showers for at least 48 hours to avoid cross infection. (Cooler showers are fine.)
* **DON'T** use scented lotions, perfumes, or colognes to the waxed area for 48 hours.
* **DO** exfoliate the skin at least 2-3 times a week.
* **DO** moisturize every day.
* **DO** use an antibacterial soap.
* If continued waxing is desired, we recommend that you not shave between appointments for added safety and comfort.

**Benefits of Waxing**

Waxing is the longest-lasting temporary hair removal technique in use. Waxing removes the hair from the root. New hairs will not grow back in the previously waxed area for three to eight weeks. Almost any area of the body can be waxed, including eyebrows, face, under arms, legs, arms, bikini area.