

The Do's & Don'ts of Waxing

Requirements:

Hair must be at least 1/8 to 1/4 of an inch in length (about the length of a grain of rice)

Don't

- No lotion day of waxing appointment
- No deodorant day of (Underarm Waxing)
- No tanning day of or 24 hours after
- No body scrub for 24 hours after
- Stop use of Tretinoin 3 days prior
- If on Retin-A, please speak with our Esthetician before appointment
- **DO NOT** Tweeze, Shave or remove hair between waxing appointments

Do

- Use a body scrub day of or before
- Use only un-scented lotion
- Schedule appointments every 4-8 weeks depending on hair growth

The above list will help you create a check list of do's & don'ts. If this is your first time having waxing done, feel free to call ahead & speak with our Esthetician about any questions you may have. If you're nervous about it hurting we can help! Dr. Edna's Bare Ease is wonderful for numbing any area in preparation for waxing. Just stop by & pick some up before your appointment with us; you must use it 30 minutes prior to waxing.

Why wax?

Hair grows in 3 different cycles, which means if you've never waxed before, or have not had consistent waxing done, you are only getting the hair growing on the surface & not the other 2 cycles of hair below the surface. Waxing can get all 3 cycles of hair growing on the same cycle. This is know as "shocking" the system.

It will generally take 4-5 consistent waxing treatments every 4-8 weeks (depending of the growth of the hair) to "shock" the system & get your hair growing on the same cycle. For this reason, we recommend you plan to begin waxing well in advance of any occasion where you wish to be hair free.

Why can I not Tweeze, Shave or Remove hair between waxing appointments?

If you tweeze, shave or remove hair between your waxing appointments, you will be upsetting the process we started when we began to "shock" the system. Results of waxing will be most clearly seen if you stick it out & use only your scheduled waxing appointments to remove unwanted hair.

What should I expect?

If you have only recently begun to wax consistently, don't be surprised if you notice hair growth within the same week as your waxing appointment. It will take time to get all hair on the same growth cycle. Some irritation & redness is normal but if you're concerned or feel that the irritation & redness is excessive, please contact our Esthetician here at the spa.

What are the benefits?

Over time, with consistent waxing, you will notice your hair to be lighter & finer. What's more, with consistent waxing you will notice you're hair to be less "Bristly" between your appointments. Eventually you will need to come in less frequently for waxing & your hair may even cease growing.