

Pre and post wax instructions

Waxing Prep & Aftercare

On The Day

- Arrive freshly showered - do not use baby wipes to clean yourself, this is not sufficient
 - Don't apply any creams or lotions on the area to be treated.
 - Wear loose clothing (leggings are not suitable after a wax)
 - Avoid working up a sweat on the way
 - Don't plan any exercise for after
- Always use the pre-wax cleanser you are provided with while changing before your wax
 - If you are having a bikini wax or a full leg wax, a disposable thong will be provided, just wear comfortable, loose underwear for going home in.

Hair is at optimum length for waxing between 0.5cm - 1cm long as it has less torque and is less uncomfortable. For this reason, if your hair is a lot longer than this, I recommend trimming hair prior to appointment to ensure the hair doesn't break, this will allow the wax to grip the hair effectively, pulling it from the root, which will ensure a smooth finish (and reduce discomfort massively!) especially on your bikini. If your bikini hairs are matted or very long the wax will not be pleasant.

Contra-Actions to be aware of after wax

After any treatment, you will likely have after effects. Maybe some slight soreness, small bumps and redness are common and perfectly normal temporary reactions, bruising and slight swelling is possible but we will take steps to stretch skin to avoid this. After effects can be particularly prominent if this is your first wax. Try using our after wax lotions to help with irritation. With use of our aftercare products, these symptoms should subside over the next 24-48 hours. If you experience persistent redness or irritation, ask your pharmacist or your GP for advice.

After Your Wax

- Use after wax spray or lotion to soothe your skin and prevent discomfort during healing process.
- Do NOT touch your freshly waxed skin. This can cause spots & infected bumps.
- Keep the waxed area clean, avoid heat and friction during the next 24-48 hours.
 - No hot baths or showers (cool to lukewarm water only).
 - No saunas, hot tubs or steam treatments.
- No tanning, sunbathing, sunbeds, spray tans or self tanning – for at least 72 hrs.
 - No sport, gym, or other exercise that involves sweating.
 - Wear clean, loose fitting clothes to avoid friction on the area.
 - Avoid swimming in chlorinated pools.
- Do not apply deodorants, body sprays, powders, lotions or other products to the area, other than those I recommend.
- Remove ingrown hairs at home between waxes, this is a self-care activity.

**You may notice a small amount of re-growth after a week or so. It can take up to 4 treatments for your hair to fall into a growth cycle that gives the best results. Please do not shave between your appointments as this will undo your hard work - if you would like to maintain your smooth appearance, I recommend regular waxing every 4-6 weeks.*

Contra-Actions List

A contra-action is an unfavourable reaction to a product or treatment. Such reactions may be visible either during or immediately after waxing, or they may occur in the hours or days following treatment once you are home. While it is not unusual to have temporary soreness/discomfort or redness after waxing, an abnormal or severe reaction can be alarming for both client and therapist. The following guidelines are advised by The Beauty Guild and provide basic advice on how to avoid and deal with some of the more common waxing contra-actions.

Common Reactions of Waxing

Redness and mild swelling: You are lucky if you don't get this - it is the most common side effect of waxing. Simply use your after wax lotion or gel to soothe the area for a few days as and when needed, when you get home from waxing and before bed.

Bumps: Don't touch your waxed skin for a couple days to prevent infection.

Ingrown hairs: ingrown hairs are a common condition whereby hair becomes trapped under the surface of the skin or grows sideways into the wall of its follicle. The embedded hair causes a localised inflammatory response and may also be accompanied by infection, resulting in a pimple. To treat: prevention is best. Follow your aftercare, exfoliate gently several times a week (after your waxed skin has healed not immediately after or during healing), to slough off dead skin cells which might otherwise trap the hair, and follow this with a light application of moisturiser (keeping the skin hydrated and supple will enable new hairs to grow through normally). You can use a smoothing spray a few days before your next wax to loosen them. For more stubborn hairs use the spray for a while, then apply hot compress before tweezing out. Follow with after wax spray or gel to prevent infection.

Urticaria: (hives) Urticaria is an immune reaction that produces raised skin welts, similar in appearance to a nettle rash. The welts are often accompanied by heat and sometimes itching. When waxing, Urticaria is generally a result of the body's natural immune response to the 'trauma' of hair removal, although in rare cases it can also be caused by an allergy to ingredients in the wax or associated products. The skin releases histamine from the mast cells as part of the immune response, and this produces the inflammation and welts described above. For most this is the usual reaction to waxing.

To treat: apply a cold compress, your after wax gel or lotion to take the heat and swelling out of the skin. Urticaria from waxing normally disappears within 24 hours. During this time avoid heat and friction, refrain from scratching the area, and apply cold compresses, aloe vera gel or calamine lotion at home to cool and calm the skin. If any irritation persists, seek the advice of your pharmacist or GP.

Less Common Effects of Waxing

Bruising is a soft tissue injury, characterised by tenderness and discoloration of the skin due to leakage of blood from ruptured vessels into the surrounding tissues. You may be asked to stretch some skin in your bikini area or underarms, so do this as well as you can.

Most areas don't need additional stretching and some areas are taught so require minimal stretching by your therapist. Age, certain medications (such as anticoagulants) and some illnesses may also cause a tendency to easy bruising. Sometimes it can happen on particularly loose skin or fleshy areas and your therapist will do their best to counteract it but others may just be prone to it. To treat bruising: apply a cold compress or ice pack to the area to reduce any immediate swelling. Bruises rarely require

medical intervention and usually fade harmlessly as the blood is reabsorbed by the body over the following days.

Folliculitis is an infection of the hair follicles, causing itchy or painful red bumps and crops of small, pus-filled pimples that form around the follicles themselves. It is most often caused by friction of underwear, irritation or blockage of the hair follicles, which then become inflamed and infected with *Staphylococcus* bacteria. It is especially common when waxing men's backs and chests, particularly with first-time clients. Pustules typically appear 1-3 days after waxing and are a sign that the pores have become infected, although pimples may also appear as the hair starts to re-grow (a common symptom of ingrown hairs, see below)

To treat: a hygienic waxing practice will help minimise the risk of infection in the salon. Cleanliness is really important and keeping the skin cool and friction-free as part of your homecare routine. You should wear loose clothing after your appointment, refrain from touching or scratching the treated area, and avoid sport and other exercise for the next 24-48 hours. Using your after wax gel, spray or lotion is a great help. Regular application of an antiseptic cream, use of an antibacterial skin wash and bathing in a saltwater solution will all help to prevent infection in the days following your appointment, and will also help the healing process should any pimples appear. The spots normally clear within a week, but refer to your doctor if pustules become painful or do not improve.

Skin removal - Strip waxing removes a layer of skin, like exfoliation. A shiny patch of tender, raw skin is a sign that the uppermost layers of the epidermis have been removed by the wax, resulting in a superficial graze. This is especially prone to happen where your skin is dry or fragile. Pre-wax oil is a wonderful way to help avoid this and is used in all areas but cannot prevent it completely. Your therapist generally won't need to wax any area more than once, but some stubborn hairs need a little extra oomph and may get a second pass. If there are any obvious hairs left after waxing, the tweezers will come out or if you are new to waxing you will be advised to leave them until next time you have a wax to get you into a hair growth cycle routine. Certain medications (including Roaccutane, topical acne products such as Retin-A and Differin, steroid creams and medication) can also cause dryness and fragility of the skin. Always wait at least 3 months after finishing a course of topical acne or steroid medication, and 6 months after any systemic medication before waxing. To treat: clean the affected area and apply a cold compress for 10 minutes, then dry the skin and apply a clean, fluff-free dressing to prevent infection. Remove after 3-4 days. Minor grazes can be left to air-dry after application of a cold compress, client can visit their pharmacist who will be able to recommend an appropriate product to assist the healing process. In all cases, clients should seek the advice of their doctor if the injury shows any signs of infection.

Burns and scalds- Mild superficial scalding can be recognised by sore, reddened skin; more severe burns may also be accompanied by skin removal, swelling and blistering. Wax is only heated in approved equipment and to the temperature recommended by the manufacturer and you will be asked if the temperature is ok for you. Your therapist will test the wax temperature on their own skin before starting the treatment and adjust it if needed before treatment begins, so it is very unlikely you will be burned. To treat mild inflammation: apply a cold compress and avoid heat, friction and UV exposure to the affected area until the redness has dissipated. Clients should seek medical attention if any inflammation lasts longer than 48 hours or is accompanied by severe discomfort or infection.