

Pre- and Post-Treatment Guidelines for Waxing Services

THE INSTRUCTIONS, GUIDELINES, AND CONSIDERATIONS PRESENTED IN THIS INFORMED CONSENT SHOULD BE REVIEWED AND FOLLOWED EVERY TIME YOU RECEIVE ANY WAXING SERVICES.

Possible Discomfort or Pain

Our waxes have a low temperature melting point and adhere only to the hair, not the skin. This results in a dramatic reduction in heat, pain, and redness. As there is minimal residue left after hair removal, there is no need to use potentially irritating removal oils. Waxing, while not comfortable, is rarely as painful and scary as social media sometimes depicts. Your Waxing Specialist will walk you through each step and will make sure you are comfortable throughout the entire process.

Inform Your Therapist

Please inform your therapist if you need to take a break, especially if you are a first-time waxer or it has been a while since your last waxing service.

Guest's Right to Change or End Session

You have the right to request at any time that the treatment be modified or stopped, and your therapist will do so immediately.

Therapist's Right of Refusal

We reserve the right to refuse service to anyone for reasons we deem necessary, including contraindications to scheduled services. Inappropriate conduct or language during a service will result in immediate termination of the service with full payment required. We reserve the right to define inappropriate conduct or language.

Cognitive or Sensory-Altering and Pain-Dulling Substances

- The use of illegal drugs and alcohol make it unsafe for a guest to receive waxing services.
- Taking pain medications (prescription or over-the-counter) dulls the body's ability to feel sensation. If taken just prior to receiving waxing services, the session may need to be rescheduled.

Adverse Reactions

Waxing may lead to adverse reactions in certain situations or when used with certain conditions, medications, or products. The Waxing Specialist will evaluate your health-history intake and ask questions to make sure it is as safe as possible for you to receive waxing services. Under some circumstances she may ask you to provide a note from your physician stating that it is safe for you to receive waxing services. Please provide complete details of medical conditions and medications to your specialist on the health intake form and during the pre-session consultation. Failure to inform your Waxing Specialist of all medical conditions, medications, and product usage may place you at increased risk for adverse reactions.

Skin Reactions

A patch test is sometimes used to determine whether waxing will result in skin irritation or more severe reactions. Certain medical conditions or the use of certain medications or products may require a patch test.

Please note: As with any kind of skin test, patch testing is not 100% accurate. A patch test may return a negative result, but it is not a guarantee that there will be no adverse reaction during or after a waxing service.

If a patch test is required, your Esthetician/Waxing Specialist will let you know. If a test is not required but you have some concern and would like to have one, please let your specialist know at least seven days prior to your appointment.

INDIVIDUALS WHO SHOULD NOT GET THIS SERVICE

Please read the following carefully and notify your Waxing Specialist if any of the following apply to you.

- Sunburned, irritated or areas with open skin cannot be waxed.
- Moles cannot be waxed.
- You must wait a minimum of seven (7) days before waxing after a light enzyme or chemical peel, dermaplaning, microdermabrasion, or similar treatments.

- Waxing cannot be performed if you have been in a tanning booth on the same day.
- Waxing cannot be performed on areas you have had laser skin resurfacing on in the last year.
- Waxing cannot be performed if you have had a physician-strength peel within the past one (1) to (2) years.
- Some physicians do not recommend waxing for persons suffering from diabetes or who have varicose veins or poor circulation as they are more susceptible to infection. Please get a doctor's note stating that waxing is safe for you. Then we can schedule a patch test at least 24 hours before your waxing service(s).
- If you are on blood thinners, please get a doctor's note stating that waxing services are safe for you. Then we can schedule a patch test at least 24 hours before your waxing service(s).
- Waxing services cannot be performed on someone with a clotting disorder.
- Waxing cannot be performed during an active herpes outbreak or if there are signs that an outbreak may be coming. Waxing can cause an outbreak to occur or to be worse. Taking your medication prior to waxing can help prevent this from happening but cannot guarantee that it won't occur.
- Waxing is never done on clients taking Accutane and is not recommended for clients using Retin A, Renova, Differin, or other types of skin thinning medications. Please read the label of your products/medications carefully and consult your dermatologist if you are taking any medication or using any topical cream that contains these medications. Since individuals react differently to these medications, waxing can sometimes be done if proper patch testing is completed.

IMPORTANT:

If you are currently using or have used any of these in the past, please inform your Waxing Specialist immediately, and you may want to discuss with your doctor whether or not you should have waxing performed:

Adapalene, Alustra, Avage, Avita, Differin, Isotretinoin, Renova, Retin A, Tazarac, Tazarotene, Tretinoin, Other Retinols/Retinoids/Vitamin A, Epiduo, Topical Antibiotics, Topical Steroid Creams, Prednisone, Oral Steroids, Oral Antibiotic, Benzoyl Peroxide, ProActive, Other Prescribed Treatments or Medications.

Please inform your Waxing Specialist if you are using any of the following types of products. These products can make the skin more sensitive. Thin, sensitive skin is more vulnerable to lifting and sensitivity during waxing and should be discontinued 48 to 72 hours before waxing and avoided for the same amount of time after waxing or at least until all redness, irritation, sensitivity, swelling, and/or heat have completely subsided:

Acne medications not already listed above, Bleaching agents for hair (mostly upper lip), Chemical depilatories such as Nair, Alpha Hydroxy Acids (AHAs such as glycolic and lactic), Salicylic Acid, Hydroquinone, Over-the-Counter Topical Steroid Creams, Other skin thinning products/medications, Other products that may be drying or irritating.

Pre-Wax Considerations

- Women may experience extra sensitivity to waxing up to a week prior to the beginning of their menses.

- Avoid alcohol, energy drinks, and caffeine prior to your waxing treatment.

- Hair must be at least 1/4 inch long to ensure that the wax adheres adequately, so do not shave for an absolute minimum of one week before your appointment, but the vast majority of people will need to stop shaving for two to three weeks prior to waxing for the best results.

- If you plan to be in a bathing suit or are getting waxed for a special occasion, we recommend scheduling your wax at least 3 days prior to your event. If you are new to waxing, we recommend scheduling at least a week in advance, if possible.

- Use any recommended products to keep your skin hydrated and healthy in between appointments.

Post-Wax Guidelines

- No sun/tanning booth exposure for 48 hours days following a waxing treatment. Extra precaution should be taken if using tanning accelerators. Wait 2-3 days to wax before and after tanning with accelerators.

- No hot tubs, whirlpools, baths, and other heated sources for at least 48 hours following a body waxing treatment.

- No abrasives for 24 hours following a waxing treatment.

- Be cautious using deodorant for 24 hours following an underarm waxing treatment.

- Avoid wearing tight clothing for 2-3 days post Bikini or Brazilian Wax.

- Sweat, friction, and bacteria can increase the risk of irritation or infection. Refrain from exercising or other activities, including intimacy, that can cause sweating or friction for 24-48 hours post waxing or until all redness, irritation, sensitivity, and heat have subsided.
- Gently exfoliate 24-48 hours post waxing and then once a week or as directed by your Waxing Specialist using only recommended products to help prevent ingrown hairs from developing and keep the skin soft and hydrated.
- Spray tanning is not recommended until 24-48 hours post waxing
- Excessive heat and chemicals, including strong fragrances, can cause irritation.
- Avoid the sun immediately after waxing and please wear sunscreen; recently waxed areas are prone to hyperpigmentation (permanent darkening of the skin) if exposed to the sun.
- Pantyliners, tampons, and sanitary pads are often bleached to make them white. The bleach can be irritating to newly waxed skin. So just be aware and if you experience any problems, you may want to try more natural or organic products.
- You might apply a cold towel or cold pack with a cloth wrapped around it to close the pores and calm any minor inflammation or swelling that might occur.
- You may experience discomfort for a few hours to a couple of days post wax. This may include redness, swelling, and sensitivity in the waxed areas. This is normal but don't hesitate to let me know if you have any concerns or questions.
- Waxing may also result in temporary rashes, temporary bumps, ingrown hairs, sun sensitivity, skin lifting, slight bruising especially if your skin is sensitive, and blood spotting (this occurs because of removing the growing hair from its blood supply).
- In rare cases, severe allergic reaction, infection, hyperpigmentation, hypopigmentation, burns, tearing, scarring, bleeding, and infection can occur.
- Don't hesitate to check in with your therapist about any questions you have before, during, or after your treatment.
- Remember: When filling out intake forms, it is imperative that you be candid in revealing any condition that may have a bearing on these treatments. If you think you might have forgotten to include some pertinent information, inform your waxing specialist immediately.

Recommended Products

We carry amazing products that were designed specifically for pre- and post-waxing. We highly recommend investing in using them, as this will help your waxing services be more successful and less painful. We have everything from a personal cleansing bar to exfoliators, moisturizers, and ingrown treatment products – everything you need!

Instructions for use are given below. Note: Prices listed are before-tax and subject to change without notice.

- Personal Cleansing Bar - \$17 (helps with odor, dryness, and pH balance, free of dyes and fragrances) Use your hands and water to create a gentle lather, then use hands to cleanse intimate areas.
- Bye Bump Enzyme Mist - \$45 (condition, gently exfoliate, treat occasional ingrowns, folliculitis, body pimples) (external use only) After bathing spritz area until wet with the product. It doesn't need to be "dripping wet" but wet enough that you can see the glisten. Allow to dry thoroughly. Can be used every day as a maintenance product or as a spot treatment in targeted areas. If exposing treated areas to the sun, tanning beds, etc., liberally apply a broad-spectrum sunblock of at least SPF 30 or greater 30 minutes prior.)
- Bar in a Jar Exfoliator - \$50 (exfoliation to treat stubborn ingrown hairs, folliculitis, and body pimples by calming inflammation and hydrating skin) (external use only) Wet the enclosed brush, then swirl in the bar to create a lather. Then use the brush to cleanse areas of concern in the intimate area, being careful to avoid the most delicate areas. New users, start every other day and if no irritation occurs, move to daily, until the ingrown hairs are improved. If exposing treated areas to the sun or tanning beds, liberally apply a broad-spectrum sunblock of at least SPF 30 prior.)
- Bye Bump Green Cream - \$45 (stubborn ingrowns, folliculitis, or body pimples) Apply to infected ingrown with a Q-tip. Leave product on overnight and wipe off in the morning. Can also be used as a shaving cream. (external use only) Hush Hydrate Gel - \$40 (soothing for irritation / inflammation post wax) (external use only) Apply 1 to 2 pumps and smooth over skin or apply in a thick layer as a cooling mask.

- Bio Relief Powder - \$15 Intensifies the calming effects of the Hush Hydrate Gel when you mix a small amount (1 to 2 shakes of the bottle) into the gel. It can also be used alone as a powder that you can brush on any area you want to treat or mix with a tiny bit of water to form a paste and spot treat any irritated areas.
- Health Recovery Balm - \$45 (helps prevent chafing and irritation from clothing or friction-causing activities) (external use only) Before activity apply a thin layer to areas that may chafe from clothing, workouts, or other activities that might cause friction.
- Waxing Product Bundle #1 - \$50 Personal Cleansing Bar and Hush Hydrate Gel
- Waxing Product Bundle #2 - \$85 Personal Cleansing Bar, Hush Hydrate Gel, and 1 of either the Enzyme Mist or Bar in a Jar
- Waxing Product Bundle #3 - \$125 Personal Cleansing Bar, Hush Hydrate Gel, 1 of either the Enzyme Mist or the Bar in a Jar, 1 of either the Health Recovery Balm or the Bye Bump Cream
- Waxing Product Bundle #4 - \$165 Personal Cleansing Bar, Hush Hydrate Gel, Health Recovery Balm, Bye Bump Cream, and 1 of either the Enzyme Mist or the Bar in a Jar