

Pre-and Post-Wax Guidelines and Considerations
Please keep the following valuable guidelines.

Contraindications

- 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 have an autoimmune condition such as lupus, waxing is not recommended.
- 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. Individuals do react differently to these medications and sometimes waxing can be done if proper patch testing is completed.
- If you are currently using or have used any of these in the past, please inform me immediately and you may want to discuss whether or not you should have waxing performed with your doctor:
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 me 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 Guidelines and 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 at all possible.

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

Post-Wax Guidelines and Considerations

- No sun/tanning booth exposure for two (2) 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 & 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, or heat have subsided
- Gently exfoliate 24-48 hours post waxing and then once a week or as directed by your waxing specialist using recommended products only 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 sun screen; 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 you have sensitive skin, 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.

Product Recommendations

- We carry amazing products that were designed specifically for pre- and post-waxing. I 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! Note: Prices are before-tax and subject to change. Here are instructions:

Personal Cleansing Bar

(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

(condition, gently exfoliate, treat occasional ingrowns, folliculitis, body pimples)(*external 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

(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

(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

(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

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

(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

Personal Cleansing Bar and Hush Hydrate Gel

Waxing Product Bundle #2

Personal Cleansing Bar, Hush Hydrate Gel, and 1 of either the Enzyme Mist or Bar in a Jar

Waxing Product Bundle #3

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 Bundle #4

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