

## WHAT IS WAXING?

Waxing is the most common of hair-removal techniques in spas today. In this treatment, cool or warm wax adheres to the hair and is pulled off in strips. There are two types of wax: hard and soft. Hard wax is usually better for more delicate areas like the face, underarms, and bikini because it is easier on the skin. Soft wax is good for the coarser hair on the legs, arms, back, and chest.



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WAXING

## WHO CAN BENEFIT FROM WAXING?

Waxing reduces hair growth when performed at regular, thirty-day intervals. While shaving crops the hair even with the skin, waxing pulls it out by the root, so it grows back softer, finer, and thinner. Waxing is great for those who are tired of the hassle of shaving several times per week—the more you wax, the less hair grows back. Waxing should not be performed if you have particularly sensitive skin or using topical or internal medications that thin the skin, such as Accutane, Retin-A, Amnesteem, Claravis or Sotret This can cause tenderness and swelling. Don't wax if you're taking Retin-A, Accutane, or any type of acne prescription.



## HOW SHOULD I PREPARE FOR TREATMENT?

Let the hair you want to have waxed grow out to about a half-inch above the skin. If hairs are left too short, the wax won't be able to adhere to them strongly enough to pull them out. Exfoliate well the night before your waxing appointment.

## WHAT CAN I EXPECT DURING WAXING?

Usually, a preconditioning lotion for waxing is first applied to the area to be waxed. Then warm wax is applied onto the skin and strips of cloth are pressed into it. When the wax dries, the cloth is quickly removed. You may feel some discomfort when the wax is pulled off, but relaxing will help alleviate the sensation. The more you experience waxing, the less it hurts. Some suggest taking a couple of ibuprofen before treatment to reduce pain and swelling.

## WHAT ABOUT HOME CARE?

It's important to care for the waxed area properly after treatment to prevent ingrown hairs, breakouts, or other reactions. Exfoliation, using a pumice stone or exfoliating gloves with a bath gel, will help keep this skin clear and less prone to blemishes. Avoid using a bar soap because it leaves a film on the body that could cause ingrown hairs. For breakout zones, defined as the face, back, and chest, use a more gentle exfoliant and an anti-breakout lotion. Do not go in the sun or use tanning booths directly after waxing, especially while the skin is still red from treatment, and only apply gentle moisturizers twenty-four hours after treatment. Try to avoid products with harsh chemicals, perfumes, or dyes.

