

Please follow the guidelines below to ensure your skin is cared for properly over the next two/three days:

- 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, massage or steam treatments.
- No tanning (sunbathing, sun beds or fake tans).
- No sport, gym work or other exercise.
- Avoid scratching or touching the treated area with unwashed hands.
- Wear clean, loose fitting clothes.
- Avoid swimming in chlorinated pools.
- Do not apply deodorants, body sprays, powders, lotions or other products to the area, other than those recommended by your therapist.
- To soothe and protect the skin, apply an antiseptic cream to the waxed area regularly for 3 days following your treatment. Always wash your hands before applying any product.
- To prevent ingrown hairs: starting a few days after your appointment and then continuing a couple of times every week, exfoliate the areas you get waxed using a dry brush or exfoliating mitt.
- After you've bathed/showered, apply un-perfumed soothing lotion to the waxed area.
- Moisturise every day to keep the skin supple and help new hairs to grow through normally.
- 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 get on a growth cycle that gives best results.
- You will need at least 3-4 weeks growth of hair before it can be successfully removed by waxing.
- Please do not shave between your appointments.
- To maintain your smooth appearance, regular waxing is recommended every 4-6 weeks

Please note: some slight soreness, small bumps and redness are common and perfectly normal temporary reactions, particularly if this is your first wax. These symptoms should subside over the next 24 - 48 hours. If you experience persistent redness or irritation, or if you have any questions, please do not hesitate to contact me.