



Waxing

Pre & Aftercare Guide

Thank you for choosing **Kristi PMU & Wax** for your waxing treatment.

Smooth, long-lasting results depend on both good preparation and proper aftercare. The skin may feel sensitive after waxing, so gentle care is essential.

Before Your Treatment

A little preparation helps make your treatment quicker, more comfortable and more effective.

Hair Length

For waxing to be effective, hair should be approximately $\frac{1}{2}$ **cm (around the length of a grain of rice)**.

- Stop shaving or using hair removal creams at least **2 weeks** before your appointment
- If hair is too long, your therapist can trim it for comfort

24–48 Hours Before

- Gently exfoliate the area to remove dead skin cells
- This helps achieve smoother results and reduces the risk of ingrown hairs

On the Day

- Bathe or shower before your appointment to help open the hair follicles
- Ensure the area is clean and free from products

Please avoid applying:

- Deodorant
- Lotions or creams
- Oils
- Make-up
- Perfume or body sprays
- Powders
- Self-tanning products



Comfort Tips

- Avoid caffeine and alcohol for 24 hours before your appointment
- These can increase skin sensitivity
- You may feel more sensitive during your menstrual cycle

What to Expect During Your Treatment

Your comfort and safety are always our priority.

- Your treatment begins with a consultation
- You'll have privacy to prepare
- The area will be cleansed before waxing
- Professional techniques and high-quality wax are used to minimise discomfort
- A soothing post-wax product will be applied to calm and protect the skin

You may notice small pinpoint blood spots (sometimes called *blood dew*). This is normal when coarse hairs are removed from the root.

What to Expect After Waxing

It is completely normal to experience:

- Mild redness
- Slight swelling
- Tenderness
- A tingling sensation

These effects usually settle within **24–48 hours**.

The First 24–48 Hours

Hair follicles remain open and the skin is more delicate during this time.

To prevent irritation and infection, please avoid:

- Touching, rubbing or scratching the area
- Hot baths or showers (use cool to lukewarm water only)
- Saunas, steam rooms and hot tubs
- Exercise and activities causing perspiration
- Swimming pools (especially chlorinated water)
- Sunbathing, sunbeds and UV exposure
- Self-tanning products
- Tight clothing that may cause friction

Heat and sweat can irritate freshly waxed skin.

If you are travelling or going on holiday, we recommend booking your wax **at least 48 hours before** departure.



Product Use After Waxing

For 24–48 hours, avoid applying:

- Deodorants
- Lotions and creams
- Perfumes and body sprays
- Powders
- Make-up

Use only products recommended by your therapist.

Soothing & Skin Care

To calm and protect the skin:

- Apply **Aloe Vera gel** regularly to soothe and hydrate
- Tea tree oil may be used sparingly for its natural antibacterial properties
- An antiseptic cream may be applied for up to 3 days if advised

Always wash your hands before touching the treated area.

Keep the area clean and dry for the first **48 hours**.

Preventing Ingrown Hairs

As the skin heals, new hair can become trapped beneath the surface.

From Day 3 Onwards

- Gently exfoliate **2–3 times per week**
- Use a scrub, exfoliating mitt or soft body brush
- Avoid over-exfoliating, which may damage the skin

Daily

- Apply a nourishing moisturiser to keep skin soft and supple
- Hydrated skin helps new hairs grow through easily
- Apply and massage a small amount of Ingrown hair therapy lotion into the area where hair was removed, daily, for **7–10 days**

Consistent care reduces ingrown hairs and makes future waxing more comfortable.

Maintaining Your Results

- Avoid shaving between appointments
- Regular waxing every **4–6 weeks** maintains smoother results
- It can take several treatments for hair growth to align into an optimal cycle

Slight regrowth after the first week is normal.



If you have any questions about your treatment or aftercare, please contact us — we're always happy to help.

Thank you for choosing **Kristi PMU & Wax**