

Ergonomics of Waxing

by Crickett Enos

Waxing requires us to bend, stretch, and work in repetitive ways. Over just a short period of time, this can lead to aches and pains that can force us to reduce our weekly client load, or even prevent us from offering these services. The good news: when you know how to properly position your body and the client's body while waxing, you can have a long, healthy, and comfortable career.

The Back

Body waxers tend to bend at the waist to get closer to the client and see what we are doing. Luckily, preventing back stress is fairly easy. Start doing these three things right now to decrease your risk of injury:

- Make sure your table height is at hip level.
- Move your client closer to the side of the table so you are not reaching so far.
- Use a wide stance, allowing your lower body to evenly distribute your weight.

The Neck and Shoulders

If you do a lot of brow and facial waxing, the neck and shoulders are prime areas of tension. Because the hair on the face is so fine, and because we need to create a clean, sharp brow line instead of just removing all the hair, we bow our head, crane our neck, and lean close to the client's face to perform this detailed work.

Depending on the type of service and how quickly it can be performed, you might end up holding your head in this position for five, 10, or even 20 minutes at a time. This puts a lot of stress on the neck and shoulders.

Have the proper tools for good vision. Is your room too dark? Use a quality magnifying tool and light. Have your eyes tested and wear glasses when necessary. This will not only protect your neck and shoulders, it will also ensure you are providing a quality service.

It may seem inconvenient to take the time to add ergonomic precautions into your waxing protocol, but these simple steps will go a long way in extending the longevity of every waxer's career. §



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Try This Back-Saving Exercise

The abdominal muscles support the back, so add some abdominal exercises to your daily routine. The plank exercise can be done in any spare minutes you have throughout your day. Lie face down on the floor, then prop yourself up on your elbows and toes. Your elbows should be directly under your shoulders and your body should be in a straight line, without arching your back. Hold this position for one minute, or as long as you can. That's it—you're done! Do the exercise three times a day and build up to hold the position a little longer each time.