



## WAXING AFTERCARE ADVICE

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Please read the guidance below carefully if you have booked in for a massage session with Natural Beauté.

Please note; that the advice is not a substitute for the advice of a medical professional, but merely assistance to help you get the best from your treatment(s). If you have any questions at all, please do not hesitate to get in touch.

Please note: some slight soreness, small bumps and redness are common and perfectly normal and 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.

Keep the waxed area clean and avoid heat and friction during the next 24 - 48 hours.

This means:

- 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; it's advised that 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. Take the brush and just before you step into the bath or shower gently brush the area you get waxed whilst your skin and the brush is dry.





After you've bathed/showered, apply some baby oil or E45 lotion to the waxed area or similar product you would normally use. Moisturise every day to keep the skin supple and help new hairs to grow through normally. Don't exfoliate too much or too rough as this can graze the skin and cause ingrown hairs.

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, I recommend regular waxing every 4-6 weeks

Thank you for choosing me for your waxing service. Please follow the guidelines above to ensure your skin is cared for properly until your next appointment.

