



About Skin Spa Pre- & Post-Waxing Care Instructions

Waxing Preparation

1. Arrive freshly showered - do not use baby wipes to clean yourself, this is not sufficient.
2. Ensure you have completed all your online forms.
3. Don't apply any creams or lotions on the area to be treated.
4. Wear loose clothing (leggings are not suitable after waxing).
5. Avoid working up a sweat on the way.
6. Don't plan any exercise after your waxing service.
7. Always use the pre-wax cleanser you are provided with while changing before your wax.
8. If you are receiving bikini wax or full leg wax, a disposable thong will be provided, just wear comfortable, loose underwear for going home in.

After Your Wax

1. Use after-wax spray or lotion to soothe your skin & prevent discomfort during the healing process.
2. Do NOT touch your freshly waxed skin. This can cause spots & infected bumps.
3. Keep the waxed area clean, avoid heat & friction during the next 24-48 hours.
4. No hot baths or showers (cool to lukewarm water only).
5. No saunas, hot tubs or steam treatments.
6. No tanning, sunbathing, sunbeds, spray tans or self-tanning – for at least 72 hrs.
7. No sport, gym, or other exercise that involves sweating.
8. Wear clean, loose-fitting clothes to avoid friction in the area.
9. Avoid swimming in chlorinated pools.
10. Do not apply deodorants, body sprays, powders, lotions or other products to the area, other than those we recommend.
11. Remove ingrown hair at home between waxes, this is a self-care activity.

Waxing Tips:

- Hair is at optimum length for waxing between 0.5cm - 1cm long as it has less torque & is less uncomfortable. For this reason, if your hair is a lot longer than this, we recommend trimming hair prior to appointment to





ensure the hair doesn't break, this will allow the wax to grip the hair effectively, pulling it from the root, which will ensure a smooth finish (& reduce discomfort massively!) especially on your bikini. If your bikini hair is matted or very long the wax will also not be pleasant.

- After any treatment, you will likely have aftereffects. Maybe some slight soreness, small bumps & redness are common & perfectly normal temporary reactions, bruising & slight swelling are possible, but we will take steps to stretch skin to avoid this. Aftereffects can be particularly prominent if this is your first wax. Try using our after-wax lotions to help with irritation. With the use of waxing aftercare products, these symptoms should subside over the next 24-48 hours. If you experience persistent redness or irritation, ask your pharmacist or your GP for advice.
- 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 fall into a growth cycle that gives the best results. Please do not shave between your appointments as this will undo your hard work - if you would like to maintain your smooth appearance. We recommend regular waxing every 4-6 weeks.

Contra-Actions List After Waxing:

A "Contra-Action" is an unfavorable reaction to a product or treatment. Such reactions may be visible either during or immediately after waxing, or they may occur in the hours or days after treatment once you are home. While it is not unusual to have temporary soreness/discomfort or redness after waxing, an abnormal or severe reaction can be alarming for both clients & therapist. The following guidelines are advised by The Beauty Guild & provide basic advice on how to avoid & deal with some of the more common waxing contra-actions.

1. **Redness & Mild Swelling:** You are lucky if you don't get this - it is the most common side effect of waxing. Simply use your after-wax lotion or gel to soothe the area for a few days as & when needed, when you get home from waxing & before bed.
2. **Bumps:** Don't touch your waxed skin for a couple days to prevent infection.
3. **Ingrown Hairs:** Ingrown hairs are a common condition whereby hair becomes trapped under the surface of the skin or grows sideways into the wall of its follicle. Embedded hair causes a localized inflammatory response & may also be accompanied by infection, resulting in a pimple. To treat: prevention is best. Follow your aftercare, exfoliate gently several times a week (after your waxed skin has healed not immediately after or during healing), to slough off dead skin cells which might otherwise trap the hair, & follow this with a light application of moisturizer (keeping the skin hydrated & supple will enable new hairs to grow normally). You can use a smoothing spray a few days before your next wax to loosen them. For more stubborn hairs use the spray for a while, then apply hot compress before tweezing out. Follow with after wax spray or gel to prevent infection.
4. **Urticaria: (Hives)** Urticaria is an immune reaction that produces raised skin welts, similar in appearance to a nettle rash. The welts are often accompanied by heat & sometimes itching. When waxing, Urticaria is generally a result of the body's natural immune response to the 'trauma' of hair removal, although in rare cases it can





also be caused by an allergy to ingredients in the wax or associated products. The skin releases histamine from the mast cells as part of the immune response, & this produces the inflammation & welts described above. For most this is the usual reaction to waxing. To treat: apply a cold compress, your after-wax gel or lotion to take the heat & swelling out of the skin. Urticaria from waxing normally disappears within 24 hours. During this time avoid heat & friction, refrain from scratching the area, & apply cold compresses, aloe vera gel or calamine lotion at home to cool & calm the skin. If any irritation persists, seek the advice of your pharmacist or GP.

5. **Bruising:** Bruising is a soft tissue injury, characterized by tenderness & discoloration of the skin due to leakage of blood from ruptured vessels into the surrounding tissues. You may be asked to stretch some skin in your bikini area or underarms, so do this as well as you can. Most areas don't need additional stretching, & some areas are taught so require minimal stretching by your therapist. Age, certain medications (such as anticoagulants) & some illnesses may also cause a tendency to easy bruising. Sometimes it can happen particularly loose skin or fleshy areas & your therapist will do their best to counteract it, but others may just be prone to it. To treat bruising apply a cold compress or ice pack to the area to reduce any immediate swelling. Bruises rarely require medical intervention & usually fade harmlessly as the blood is reabsorbed by the body over the following days.
6. **Folliculitis:** Folliculitis is an infection of hair follicles, causing itchy or painful red bumps & crops of small, pus-filled pimples that form around the follicles themselves. It is most often caused by the friction of underwear, irritation or blockage of hair follicles, which then become inflamed & infected with *Staphylococcus* bacteria. It is especially common when waxing men's backs & chests, particularly with first-time clients. Pustules typically appear 1-3 days after waxing & are a sign that the pores have become infected, although pimples may also appear as the hair starts to re-grow (a common symptom of ingrown hairs, see below). To treat: a hygienic waxing practice will help minimize the risk of infection in the salon. Cleanliness is important & keeping skin cool & friction-free is part of your homecare routine. You should wear loose clothing after your appointment, refrain from touching or scratching the area treated, & avoid sport & other exercise for the next 24-48 hours. Using your after-wax gel, spray or lotion is a great help. Regular application of antiseptic cream, use of an antibacterial skin wash & bathing in a saltwater solution will all help to prevent infection in the days following your appointment & will also help the healing process should any pimples appear. The spots normally clear within a week but refer to your doctor if pustules become painful or do not improve.
7. **Skin Removal:** Strip Waxing removes a layer of skin, like exfoliation. A shiny patch of tender, raw skin is a sign that the uppermost layers of the epidermis have been removed by the wax, resulting in a superficial graze. This is especially prone to happen when your skin is dry or fragile. Pre-wax oil is a wonderful way to help avoid this & is used in all areas but cannot prevent it completely. Your esthetician generally won't need to wax any area more than once, but some stubborn hairs need a little extra oomph & may get a second pass. If there are any obvious hairs left after waxing, the tweezers will come out or if you are new to waxing you will be advised to leave them until next time you have wax to get you into a hair growth cycle routine. Certain medications (including Roaccutane, topical acne products such as Retin-A & Differin, steroid cream & medication) can also cause dryness & fragility of the skin. Always wait at least 3 months after finishing a course of topical acne or steroid medication, & 6 months after any systemic medication before waxing. To treat: clean the affected area & apply a cold compress for 10 minutes, then dry the skin & apply a clean, fluff-





free dressing to prevent infection. Remove after 3-4 days. Minor grazes can be left to air-dry after application of a cold compress, client can visit their pharmacist who will be able to recommend an appropriate product to assist the healing process. In all cases, clients should seek the advice of their doctor if the injury shows any signs of infection.

8. **Burns & Scalds:** Mild superficial scalding can be recognized by sore, reddened skin; more severe burns may also be accompanied by skin removal, swelling & blistering. Wax is only heated in approved equipment & to the temperature recommended by the manufacturer & you will be asked if the temperature is ok for you. Your therapist will test the wax temperature on their own skin before starting the treatment & adjust it if needed before treatment begins, so it is very unlikely you will be burned. To treat mild inflammation: apply a cold compress & avoid heat, friction & UV exposure to the affected area until the redness has dissipated. Clients should seek medical attention if any inflammation lasts longer than 48 hours or is accompanied by severe discomfort or infection.

