

AFTER SUGARING

AFTER SUGARING CARE

- **CLOTHING** wear loose clean clothing especially for Brazilians. Friction, sweat or heat will create ingrowns, bumps, redness and irritation. Avoid dirty clothes, tight clothes, dirty undies, skinny jeans, leggings or stockings. Try wearing clean loose fitting pants, skirts, shirts, and no underwear after a Brazilian.
- **BE GENTLE** the first 24-48 hours you will treat your skin differently, it needs protection and rest. The skin is considered irritated, until the tender feeling subsides.
- **PROTECTING THE SKIN** sugared areas need protection for 24-48hrs. You may see redness similar to a light sunburn, red speckling where the hair root was removed, and sometimes hives. The skin feels more tender than usual to the touch. If you have been sugared for a long time or have remarkable skin recovery time, it may only take 6-12 hours.
- **24-48 HR DONT'S - NO HOT SHOWERS, BATHS, HOT TUBS, POOLS, OCEAN, SWEAT, SWEATY WORKOUTS, SUN EXPOSURE, SCRUBS, ACTIVE/UN-APPROVED PRODUCTS.**
- **ALWAYS AVOID** fragrance/parfum, scented lotions, heavy essential oils and perfumes, can cause ingrowns if used at any time, ask your professional if in doubt about a product you are using.
- **SHOWER** not immediately, wait 6-12 hours at least, if you get sweaty rinse immediately with cool water no soap, use approved soaps only. After 12-24 hours, take a luke warm shower, using Jessa's Aloe + C Cleanser, Sea-Rose Cleanser, Blu Bar, or other Jessa body washes. Avoid hot showers/baths, any soap with fragrance/parfum, harsh soap, scrubs will all cause side effects like: hives, redness, pustules, breakouts & ingrowns. Do not over stimulate the skin let it recover.
- **HYDRATE** after your first shower apply approved moisturizer and bump reducer. We recommend: Coconut + Oxygen Balm, 10% Oxygen + Sunflower Elixir, Squalane, or Ingrown Smooth Balm (wait 72hrs).
- **EXFOLIATE** 48-72 hours after hair removal, prevent the buildup of dead skin cells, which can cause ingrowns. We recommend using our SugarLove Sugar Scrubs.
- **HOME CARE PROGRAM** prevent ingrown hair before it starts, save yourself from unsightly scaring.
 1. Take it Easy - for 24-48 hours.
 2. Exfoliate - 3-5 times a week with one of our SugarLove Sugar Scrubs or cleansers with added Pumice or Jojoba Beads, wait 72 hours to begin scrubbing.
 3. Tone - use our Anti-Oxidant Blemish Toner or Cucumber + Aloe Toner to spritz the area before application of your hydration step.
 4. Hydrate & Protect - apply your hydration/bump prevention every day. We recommend, 10% Oxygen + Sunflower Elixir, Coconut + Oxygen Balm, Squalane or Ingrown Balm (wait 72hrs). During the day time wear the Zinc + Titanium Mineral Cream or Serum on top of your hydration step.
- **UNDERWEAR/UNDER GARMENTS** spandex or synthetic fabrics cause a reaction on many skins, creating redness, itching, sores or ingrowns. Choose organic cotton, bamboo, hemp or other natural choices for undergarments or in high friction areas to avoid side effects.

