

### Sugaring Aftercare Advice

Now that you've had your sugaring treatment, it's important to get the best results from it. These guidelines will help you understand what to do next...

Firstly, some slight soreness, small bumps or redness are common and perfectly normal temporary reactions, especially if this is your first treatment. Don't panic! This should settle down in the next 24-48 hours providing that you stick to (no pun intended) the following advice:

- Keep the treated areas clean and avoid heat and friction.
- Avoid hot baths, showers or saunas. Cool or warm water is fine.
- Avoid sun exposure on the treated areas. They are already sensitive. Sunbeds and fake tanning are also not advised until the skin has recovered.
- Sweating is not good after treatment as it can cause infection. Try to leave 24-48 hours before running, gym, swimming or vigorous exercise.
- Wearing clean, loose-fitting clothes will minimise sweating and also reduce friction on the sugared skin.
- Exfoliation is good for the skin, but not immediately after treatment. It's better to wait a few days for the skin to recover – so no scratching or rubbing!
- Deodorants, perfumes, body sprays and body lotions/creams should be avoided immediately post-treatment. They might sting, cause irritation or leave a residue on the skin.
- Use clean towels after showering or bathing
- An anti-bacterial body wash may help reduce any irritation but try to avoid heavily fragranced body washes. Tea Tree is a good, natural anti-bacterial ingredient that can be easily found in shower gels.
- Soothing gels such as Aloe Vera are ideal for cooling and soothing skin after hair removal. Stick to gels as their water-based formulas absorb quickly into the skin with minimal rubbing and don't leave an oily residue.

Ingrown hairs can be painful and not pretty. To minimise the chances of them happening, exfoliation is key. Gently scrub the skin 2-3 times per week using a loofah, exfoliating gloves or a body scrub. Moisturise afterwards to keep the skin supple and allow the new hair to grow through normally.

It's also important to note that the first few times you get sugared, you may notice a small amount of re-growth after a week or so. It can take several treatments for your hair to get into a cycle that gives best results. Unfortunately, hair grows at different rates and it's impossible to know what stage of growth it's at. Keep going and it will get the message.

Hair needs to be a minimum of ½ cm long to remove. Please don't shave, tweeze or use hair removal creams between appointments. Come back again in 4-6 weeks and enjoy the experience again. Regular visits do make it easier (for you and us)! Most importantly, enjoy your smooth, hair-free skin.