



# Sugar Waxing Treatment Care

## BEFORE CARE

- Day prior - Gently exfoliate and moisturize the area.
- Body hair should be at least a grain of rice in length.
- Please do not trim hair.
- No sunless or tanning bed 24 hours prior to sugaring.

## AFTER CARE DOs

### ■ Keep the skin clean.

It is important to keep the skin clean after sugaring. Use a gentle soap or body wash to clean the treated area. Avoid hot showers or baths, steam rooms, or saunas for 24 to 48 hours after sugaring.

### ■ Exfoliate.

Regular exfoliation helps to prevent ingrown hairs and keeps the skin smooth. However, wait 48 hours before exfoliating the treated area. Use a gentle exfoliating scrub or a body brush to remove dead skin cells.

### ■ Moisturize.

After sugaring, the skin may feel dry and sensitive. Apply a moisturizer to the treated area to keep the skin hydrated and soothe any redness or irritation. Look for a moisturizer that is free of harsh chemicals and fragrances.

### ■ Wear loose-fitting clothing.

After sugaring, avoid tight clothing that may rub against the skin and cause irritation. Instead, wear loose-fitting clothing that allows the skin to breathe.

### ■ Schedule your next appointment.

## AFTER CARE DON'Ts

### ■ Don't touch the treated area.

Avoid touching the treated area with your hands or clothing. This can cause irritation and may lead to infection.

### ■ Don't apply perfumes or deodorants.

Avoid applying perfumes, deodorants, or any other products that may contain alcohol or harsh chemicals to the treated area. These products can cause irritation and may lead to infection.

### ■ Avoid hot water.

After sugaring, avoid hot water, such as hot tubs or Jacuzzis, as well as hot showers or baths. Hot water can cause irritation and may lead to ingrown hairs.

### ■ Avoid sun exposure.

After sugaring, the skin is more sensitive to sunlight. Avoid direct sun/UV exposure as well as sunless tan for at least 24 hours after sugaring. If you must go out in the sun, apply a broad-spectrum sunscreen with an SPF of 30 or higher to protect the skin.