

## Dermal Botanics

### Pre-Waxing Tips:

- ❖ Do not shave the area being waxed for 14 – 21 days. Hair needs to be at least the length of a grain of rice. (1/4 – 1/2 inch for your first waxing)
- ❖ Stay out of the sun or tanning bed 72 hours prior to waxing: this makes the skin much more delicate and sensitive.
- ❖ If you are on any type of prescribed acne medication, we will not be able to perform any waxing service. (Accutane, Retin-A or Renova)
- ❖ You need to wait at least 2 weeks after a chemical peel. (AHA, BHA)
- ❖ A couple of days before your waxing appointment, exfoliate the area. This will remove dead skin cells allowing the wax to grip shorter hairs.
- ❖ If you are prone to any type of inflammation, take an anti-inflammatory (such as Advil) about 30-40 minutes prior to your appointment. If you experience any histamine reaction, you can take an antihistamine (such as Benadryl) 30-40 minutes prior. Please avoid caffeine, nicotine or alcohol the day of your appointment because these can make you feel more sensitive during your waxing service.
- ❖ Please check and make sure you do not have any medical conditions that would contraindicate the waxing service.
- ❖ If you can, shower before your appointment. We provide wipes for those last minute cleanups.

### POST-Waxing Tips:

- ❖ Wait 48-72 hours before exposing the waxed area to ANY type of UV light (the sun AND tanning beds). If you must be exposed to UV, wear an SPF of 30 or higher.
- ❖ Wait 24 hours before engaging in activities that cause you to sweat or cause friction in the area that was waxed such as physical exercise, sexual activities, steam rooms, hot tubs or saunas. Your pores are open as a result of the waxing and are more susceptible to infection.
- ❖ Wear loose fitting clothes and undergarments to avoid creating friction in the waxed area.
- ❖ You may shower after your wax, just be cautious of the water temperature. (Hot showers inflame the waxed areas)
- ❖ Avoid recreational swimming (chlorinated, fresh water or salt water) for at least 48 hours after your service.
- ❖ Do not exfoliate the area for the first 48 hours after your wax.

- ❖ After the redness subsides, get into the habit of exfoliating the area. When the area isn't exfoliated regularly, the top of the hair follicle may get irritated and a very thin layer of skin will grow over it. This stops the emerging hair from coming out thus resulting in an ingrown hair.
- ❖ If you are prone to ingrown hairs, I recommend the product [Get the Bump Out of Here](#) (which can be purchased at the spa). It's a great daily exfoliator that will dramatically reduce the number of ingrown hairs.
- ❖ **Do not shave** between waxes, it makes hair resistant to future waxes! The first 3 waxes may not leave you completely smooth because the hair is growing in three different stages that produce many different lengths of hair. After the first three waxes, you will have a very smooth finish and you will begin to notice that the hair is getting thinner and finer.
- ❖ For the most effective waxing, please schedule your appointments every 4-6 weeks.