



Body Waxing 101

- Allow 3-4 weeks between waxing and or shaving, A quarter of an inch outgrowth is required for bikini, legs, and underarms.
- For bikini waxes, if your hair is long it is best to trim so that the waxing is more comfortable.
- Do not use Retina/Renova up to 30 days prior to waxing.
- Do not use Accutane up to 6 months prior to waxing.
- Do not use peels on the waxing area up to 24 hours prior.
- Do not drink alcohol heavily or sunbathe up to 24 hours prior.
- Know that your skin is most sensitive to pain a week before menstruation, during pregnancy, and after shaving.
- Exfoliate and avoid tight clothing if you are prone to ingrown hairs. Grow any hair you want waxed to the length of a false eyelash (it usually takes about four weeks).
- Apply a 1% Hydrocortisone cream to soothe areas that feel itchy or rashy after waxing.
- To avoid irritation, don't soak in a bath or hot tub for 24 hours after waxing.
- Don't expose waxed areas to the sun for a week after waxing to avoid redness or hyperpigmentation.
- Don't exercise for 24 hours after waxing, the sweat can lead to breakouts.
- Don't trim hair before coming in for a wax, you might make it too short.
- Don't expose waxed areas to the sun for a week after waxing to avoid redness or hyperpigmentation.