



Thank you for choosing Amira's Vanity for your waxing service. Please follow the guidelines below to ensure your skin is cared for properly over the next few days. Please note: some slight soreness, small bumps and redness are common and perfectly normal temporary reactions, particularly if this is your first wax. These symptoms should subside over the next 24 - 48 hours. If you experience persistent redness or irritation, or if you have any questions, please do not hesitate to contact me at amirasvanity@gmail.com.

WAXING BEFORE CARE

It is just as important to take care of and prepare the area before a wax as it is to take care of it after a wax. Follow these tips to ensure a quick appointment that is a little less painful.

- Trim the hair before your appointment. Longer hair can be more painful to wax.
- Ensure your hair is at least 0.5cm long, so your beauty therapist can remove the hair without using a couple waxes. First time waxers should have hair growth of about 1.5cm.
- Exfoliate the waxing area 24-48 hours before your appointment. This will keep the skin soft and smoother and prevent ingrown hairs.
- Bath or shower on the day of your appointment to open up follicles, allowing for easier hair removal.
- Do not apply any deodorants, make-up, lotions, soaps, powders, perfumes or self-tanning products to the area to be waxed.
- Take 1-2 paracetamol about 30 minutes before your appointment if you have never had a wax before or find the process painful.

WAXING AFTERCARE

After your waxing service, you may expect the area to be red, some may experience blood spots due to thicker, courser hair and the area may feel tender and tingle.

For the **first 24 hours** after a waxing service, **avoid the following** to prevent irritating the skin:

- Touching or scratching the waxed area
- Exfoliating the waxed area
- We suggest you rather shower in a cold temperature. Ensure the water runs off the waxed area and you do not wash or scrub this area
- Perspiration and friction on the waxed area
- Sauna's and steam rooms
- Exercise, gyms and swimming
- Sunbathing, sunbeds or any sunlight and UV exposure. Sweat can infect open follicles and heat can irritate the waxed area. Remember to book your wax 2 days before you go on holiday, to allow the follicles enough time to close and the skin to calm down
- Applying products to the waxed area such as deodorants, make-up, lotions, soaps, powders, perfumes, self-tanning products etc.
- Tight fitted clothing that may cause friction to the waxed area

To soothe and calm the skin we suggest regularly applying an Aloe Vera gel. This will rehydrate the skin and sooth any distort you may experience. Tea tree oil can also be applied to the area for its anti-bacterial properties in ensuring the area remains bacteria free.

Remember, it is important to keep the area clean and dry for 48 hours after your appointment

3-10 days after your waxing service, you need to ensure you prevent ingrown hairs. The skin will close over the follicles and new hair may get trapped causing ingrown hairs.

Gently exfoliate 2-3 times a week with a body scrub. Start this routine 2-3 days after the waxing treatment. It is essential that you perform this routine between days 3-10 after your wax service. Remember to not over exfoliate as this can cause damage to the skin.

Keep the waxed area clean and avoid heat and friction during the next 24 - 48 hours.

This means:

- No hot baths or showers (cool to lukewarm water only).
- No saunas, hot tubs, massage, or steam treatments.
- No tanning (sunbathing, sun beds or fake tans).
- No sport, gym work or other exercise.
- Avoid scratching or touching the treated area with unwashed hands.
- Wear clean, loose fitting clothes.
- Avoid swimming in chlorinated pools.
- Do not apply deodorants, body sprays, powders, lotions or other products to the area, other than those recommended by your therapist.
- To soothe and protect the skin, apply an antiseptic cream to the waxed area regularly for 3 days following your treatment. Always wash your hands before applying any product. To prevent ingrown hairs: starting a few days after your appointment and then continuing a couple of times every week, exfoliate the areas you get waxed using a dry brush or exfoliating mitt. Take the brush and just before you step into the bath or shower gently brush the area you get waxed whilst your skin and the brush is dry.
- After you have bathed/showered, apply some baby oil or E45 lotion to the waxed area.
- Moisturize every day to keep the skin supple and help new hairs to grow through normally. Do not exfoliate too much or too rough as this can graze the skin and cause ingrown hairs.
- You may notice a small amount of re growth after a week or so. It can take up to 4 treatments for your hair to get on a growth cycle that gives best results.
- You will need at least 3-4 weeks growth of hair before it can be successfully removed by waxing.
- Please do not shave between your appointments.
- To maintain your smooth appearance, I recommend regular waxing every 4-6 weeks

WAXING MAINTENANCE

It is important that you plan your waxing treatments. Your maintenance schedule will depend on your hormones, your natural hair growth cycle and other requirements. You will notice that new hair will start to grow back within 2-3 weeks. We suggest follow up appointments **3-4 weeks for facial waxing** and **4-6 weeks for body waxing**.

Signature _____ Date _____