

## Pre Wax Tips

- Hair should be no shorter than 1/4 inch long (the length of a grain of rice). For your first waxing 1/2 inch long is preferred.
- Do not tan the area to be waxed right before the waxing! If the skin is sun burned, you will not be able to get waxed.
- If you plan on being spray tanned get waxed first. Waxing not only removes the spray tan the spray tan solution tends to make the wax gooeey causing removal to be difficult. Do not get spray tanned the same day of waxing.
- If you are on Accutane for your skin, waxing on any part of your body is not for you. If you have had a glycolic (an alpha hydroxy acid) or a salicylic acid (beta hydroxy acid) peel or are using Retin A or Renova, on the area to be waxed, you will have to wait 2 to 4 weeks before the area can be waxed.
- To help with sensitivity, take a pain reliever such as Ibuprofen 30 - 45 minutes before the waxing procedure. Also, if you turn your head and cough just as the wax is being removed, it distracts you from the pain. Remember, pain is a personal thing, everyone has a different pain threshold.
- Try to schedule your first waxing at a time when you feel rested and not stressed. Caffeine, nicotine and heavy alcohol consumption can make you feel over sensitive during your treatment.
- A couple of days before you wax, exfoliate in the shower. Take a loofah, synthetic sponge or glove, add some body wash and with a circular motion rub area gently that is going to be waxed. This will remove dead skin, allowing wax to grip shorter hairs.