



## Strategic Skincare Pre- and Post-Wax Instructions

### Pre-wax instructions:

For best results, hair should be at least ¼" so please do not shave for at least 7 days prior to waxing.

Discontinue use of prescription retinols 2 weeks prior to waxing.

Do not spray tan prior to waxing (waxing will remove the spray tan)

Do not use a tanning bed or receive a sun burn prior to waxing.

The day before or the day of waxing, use an exfoliant on the area to be waxed.

If you are new to waxing, anticipate that your skin may be temporarily red, irritated or bumpy. Plan your post-wax activities accordingly.

If possible, please schedule your appointment AFTER your workout or exercise class. Sweating immediately following your wax may not be comfortable and wiping sweat away from freshly waxed skin may lead to irritation and inflammation.

### Post-wax instructions:

Avoid excessive heat (hot tub, hot shower) on the waxed area for at least 12 hours.

Avoid swimming in swimming pools, lakes, rivers, ocean or hot tubbing for 24-48 hours.

After body waxing, use a mild acne wash (salicylic based) for its cleansing, anti-bacterial, exfoliating and anti-inflammatory properties.

Avoid heavily fragranced lotions, body oils and feminine cleansing products.

Post Brazilian waxing, refrain from tight underwear and sweaty activity for 24 hours.

Several days after your body waxing, you can begin using a gentle scrubby glove to help prevent ingrown hairs. Use of the exfoliating glove several days prior to your next appointment is strongly advised.

If ingrown hairs develop, ask me for a sample of PFB Vanish, a fantastic roll-on to help prevent and release ingrown.