

Waxing is a procedure to remove unwanted hair from its roots. In some areas hot, "soft" wax is applied to the skin, and a strip of cloth or paper is pressed into the preparation. The strip is then quickly pulled away, taking hairs with it. In other areas hot, "hard" wax is applied to the skin and allowed to cool. The cooled wax is then quickly pulled away, taking hairs with it.

WHEN BOOKING THE APPOINTMENT

Let your therapist know about any allergies or medical conditions you may have.

Waxing is not suitable for you if:

- you have been using Retin A or Ro-Accutane within the last six months
- you are on Roacutane or acne medication
- you are using anti-ageing or skin thinning products (facial waxing)
- you are sunburnt or have been exposed to UV rays within the last 12 hours
- you have varicose veins*
- you are diabetic*
- you are allergic to essential oils or latex

* Please consult your Doctor as this is dependent on the severity of your condition

Periods

Some women find they are particularly sensitive in the day or two before their period. If this applies to you and it is your first treatment, try scheduling your treatment for after this time.

It is not recommended to have any bikini waxing done during your period as the skin is particularly sensitive at that time.

BEFORE WAXING

Exfoliate

While it is recommended that you exfoliate your body regularly (with a body scrub or bath mitt) pre-wax exfoliation should be done 24-48 hours before waxing.

Dry brushing every day in circular motions towards the heart is not just great for keeping the skin soft but it also helps to prevent in-grown hairs.

Shower

Taking a bath or shower before your appointment will open up the pores and allow the hairs to come out less painfully. Your therapist will appreciate it too! Do not use moisturiser or deodorant on underarms or use any product which may cause a barrier to the wax and irritate the skin.

Trim

Long hair can be more painful to wax, trimming the hair in the area to be waxed is recommended:

- First time clients should have growth of about 1.5cm
- Regular waxers can trim a little tighter; between 0.5cm and 1cm

Wear loose comfortable clothing

Wearing loose comfortable clothing to your appointment and for a few hours after. This will prevent irritation and allow the pores to breathe.

Pain relief

If you have a very low threshold on pain, take an over the counter painkiller 20-30 minutes before your appointment.