

Waxing Pre- & Post-Care Instructions

Before Your Waxing Appointment

- Hair should be at least $\frac{1}{4}$ inch long (about the length of a grain of rice).
 - Exfoliate gently 24 hours before your appointment to help prevent ingrown hairs.
 - Avoid tanning, sunburn, or chemical peels on the area for at least 48 hours prior.
 - Do not apply lotions, oils, or deodorant on the area the day of your appointment.
 - If you are sensitive to waxing, you may take an over-the-counter pain reliever 30 minutes before your appointment (avoid aspirin or ibuprofen, which may increase bruising).
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After Your Waxing Appointment

- Avoid sun exposure, tanning beds, swimming, hot tubs, saunas, and heavy workouts for 24–48 hours.
- Do not apply retinoids, glycolic/salicylic acids, or exfoliating products for at least 3 days.
- Keep the area clean and avoid touching with unwashed hands.
- Wear loose-fitting clothing to prevent irritation.
- Use a gentle cleanser and apply a soothing lotion or aloe vera to calm the skin.
- Exfoliate the area gently 2–3 times per week starting 3 days post-wax to prevent ingrowns.
- Avoid shaving or tweezing between appointments for best long-term results.