



Waxing Aftercare Advice

Thank you for choosing The Back And Beyond for your waxing service. Following these guidelines will ensure your skin is cared for properly over the next few days, and during hair re-growth.

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.

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

This means:

- No hot baths or showers (tepid water only).
- No saunas, hot tubs or steam rooms.
- 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.
- Avoid sexual contact (intimate treatments only).
- 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 minimise ingrown hairs: starting a couple of days after your appointment, gently scuff your skin 2 - 3 times a week. This is easiest to achieve using a clean air-dried (i.e. crispy!) towel. Always have a tepid shower - not hot after dry exfoliating, using shower gel rather than soap as it won't dehydrate the skin.

After your shower, simply pat dry and apply some moisturise the skin with a light product (similar to E45 Lotion - not E45 Cream). This keeps the skin supple and encourages new hairs to grow through. You may notice a small amount of fine hair re-growth after a week or so.

As hair grows over an 8 year cycle, it can take 2 - 3 treatments to 'normalise' your hair growth that gives a maximum hair free window. Hair needs to be around 3 - 5 mm long before it can be successfully removed by waxing so please resist shaving between your appointments.

To maintain your new smooth appearance, I recommend regular waxing every 4-6 weeks.