

Waxing: Frequently Asked Questions

Tips before getting waxed

- Hair growth should be at least 1/4"
- Some people take an over the counter painkiller like Aspirin, Tylenol, Advil or Ibuprofen 30 minutes before their appointment to reduce pain and inflammation. No scream cream is a topical numbing crème that is very popular and can be purchased at our spa. It is applied 30 to 40 minutes before your waxing appointment.
- Taking a warm shower before your Brazilian wax session will make you more comfortable and helps to open the pores aiding in easier removal of the hair.
- Try to schedule your Brazilian wax session a week after menstruation as the genital area is least sensitive.
- To make you feel less sensitive during your Brazilian wax session, try to avoid caffeine, stress and nicotine. Be sure to have lots of sleep so that you can relax.

When Not to Wax

We will not be able to perform your Brazilian bikini waxing service under these conditions:

1. If you are using strong acne medication (i.e. Accutane) or antibiotics.
2. If you have any kind of sun burn or laser burn on the area to be waxed.
3. If you have any kind of STD whatsoever.
4. You just shaved within the last 10 days. (hairs are too short to wax at this point)
5. Menstruation does NOT prevent you from waxing, although your skin may feel a bit more sensitive.

How long should my hair be?

Hair growth should be at least 1/4" but not longer than 1/2" (about 2 week's growth) for the most effective waxing. Hair will be trimmed if necessary.

How rapidly will the hair grow back?

While hair that was previously removed during waxing will not reappear for 3-4 weeks, other hair grown may emerge due to the fact that each hair grows in 3 distinct phases so you may see the next phase growing in just a little in the next week or so, therefore repeat visits are normally necessary. It takes 4 to 13 weeks for the hair to grow from the papilla to the surface of the skin. Hair growth becomes less and less the more you wax!

What's a woman's Bikini wax?

The removal of the hair outside the bikini area on the pelvis and inner thigh.

What's a woman's Brazilian wax?

A Brazilian bikini wax removes the hair from the entire pubic region. Many women request a Brazilian because it gives a clean, close wax and the freedom to wear even the most revealing swimwear and lingerie.

What are the possible side effects of waxing and how can they be minimized?

Although we can not predict or guarantee who may react, most clients do not experience reactions beyond redness and minor irritation. Please follow these guidelines to minimize irritation and possible break outs.

- Avoid the sun immediately after waxing and please wear sun screen; recently waxed areas are prone to permanent darkening of the skin if exposed to the sun.
- Avoid heavy exercise for at least 24 hours after waxing.
- Avoid saunas, steam rooms, whirlpools and other heated sources for at least 48 hours.
- Do not use exfoliating products (AHAs, scrubs and loofas for at least 24 hours after waxing as they might further irritate your skin.
- Avoid tight clothing after waxing, it may result in irritation and ingrown hairs.
- Routine waxing helps the skin get accustomed to the procedure and may minimize irritation.
- To help avoid ingrown hairs, I recommend using exfoliating 24 hours after waxing. It helps pop the hair out of your skin to keep the skin healthy.