

After Waxing Treatment Tips and Guidelines

Aftercare Advice:

To ensure the best results and a comfortable experience after your waxing session, there are a few essential things to avoid:

Heat:

- Refrain from having hot treatments such as baths or saunas as they can irritate the skin and cause discomfort.
- Avoid taking a shower immediately after waxing, as the water, soaps and shower gels can be irritating on the freshly waxed area.

Sun:

- Avoid exposing the waxed area to direct sunlight or sunbeds, as the heat can irritate the sensitive skin and cause discomfort. If you have upcoming travel plans, schedule your waxing a few days before your trip to allow your skin to recover and avoid any potential discomfort during your journey.

Sweat:

- Refrain from vigorous exercise or going to the gym, as sweat may clog pores.

Bacteria:

- Avoid exfoliating the waxed area for a few days to prevent any discomfort or pain.
- Do not use sprays, perfumes, lotions, or deodorants immediately after waxing, as they can irritate the skin.

Touching:

- Avoid touching the waxed area without first washing your hands with antibacterial soap, especially after eating, coughing, or using the bathroom.
- Opt for loose-fitting clothes for a day or two after waxing to prevent any irritation from tight clothing.

For specific areas:

- After a leg wax, consider wearing a skirt to allow the legs to be exposed to cool air, reducing soreness and the risk of bumps and rashes, especially if it's your first waxing experience.
- Avoid engaging in intimate activities after a bikini or Gstring wax to prevent potential soreness and irritation.

Proper aftercare is essential for maintaining smooth and healthy skin. Here are some tips to keep the waxed area **clean and moisturized**:

- Always use sunblock on exposed areas of the skin to protect it from harmful UV rays.
- Moisturize daily to maintain hydration.
- You can start exfoliating the skin regularly again after three days to remove dead cells gently.
- Exfoliate the day before your next waxing session to keep the hair softer and make the waxing process more manageable.
- If needed, apply an antiseptic cream to prevent infection and soothe the skin.

Avoid shaving between waxing sessions, as it can negate the effects and disrupt your waxing routine. It can take up to 4 treatments to get the hair on a growth cycle that gives good results.

Aftercare Guidelines:

Thank you for choosing us for your waxing service. We want to make sure your skin is properly cared for in the days following your treatment. Here are some important guidelines to follow:

Please be aware that some slight soreness, small bumps, and redness are normal temporary reactions, especially if this is your first wax. These symptoms should subside within the next 24-48 hours. If you have any concerns or questions, please don't hesitate to contact us at info@alisonblackburnbeauty.co.uk. We are here to help.

To ensure the best results and comfort, follow these aftercare tips:

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

- Opt for cool to lukewarm water for showers or baths. Avoid hot water.
- Skip saunas, hot tubs, steam treatments, and tanning (sunbathing, sunbeds, or fake tans).
- Refrain from intense physical activities like sports, gym work, or exercise during this period.
- Avoid scratching or touching the treated area with unwashed hands.
- Choose clean, loose-fitting clothes to prevent irritation.
- Steer clear of swimming in chlorinated pools for the time being.
- Only use products recommended by your therapist; avoid deodorants, body sprays, powders, or lotions on the waxed area.

Preventing ingrown hairs:

- Exfoliate your skin twice a week to help prevent ingrown hairs.
- Moisturize the waxed area daily to keep your skin hydrated and healthy.
- If you encounter ingrown hairs, our Aloe Clear Serum, available for purchase at the salon, can help treat them effectively.

Regrowth and maintenance:

- You may notice a small amount of hair regrowth after about a week or so. For optimal results, it usually takes around 4 treatments to get your hair on a growth cycle that yields the best outcomes.
- Hair should be at least 0.5 cm long before waxing for effective removal. Please refrain from shaving between appointments to maintain your smooth appearance.
- To keep your skin looking smooth and hair-free, we recommend scheduling regular waxing sessions every 4-6 weeks.