



## Advice Sheet for Waxing

### Aftercare

- Make-up should not be applied to the area until 12hrs after waxing
- Do not have other skin treatments within 24 hours of treatment.
- Avoid direct sunlight – the skin is prone to hyper pigmentation if in the sun after waxing.
- Avoid saunas, steam rooms, whirlpools and other heated sources for at least 48 hours.
- Avoid heavy exercise for at least 24hrs after waxing. Sweat is a breeding ground for bacteria.
- No hot baths, hot showers or sexual activity for 10 hours after a Brazilian. While your pores are open, they are vulnerable to irritation by the extreme temperatures and infection by bacteria.
- Always wash the waxed area after a workout or strenuous activity. Use a loofah and a tea tree wash which will help to remove dead skin cells and sweat, and prevent ingrown hairs, pimples and rashes.
- Avoid tight clothing as this can irritate and cause ingrown hairs.
- Dry brush the waxed area with a mitt or loofah before showering.
- Exfoliate waxed areas, starting 2 days after treatment. Do this 2-3 times a week to prevent ingrown hairs.
- Moisturise daily - this helps with irritation, flaking and prevention of ingrown hairs.
- Routine waxing helps the skin get accustomed to the procedure, can minimize irritation, and give long term improvements. Do not shave between treatments.

Please note: This information is offered to help and support. It is not intended to be compulsory, comprehensive or replace medical advice. If you have any particular concerns following treatment please call us on 0121 233 0600.