

# WAXING PRECARE

- **Hair Length:** Ensure that the hair to be waxed is at least **4-6 WEEKS** of growth. If it's too short, the wax will not effectively grip the hair or give the best results in shorter growth time.
- **Exfoliate:** Gently exfoliate the area to be waxed a day or two before your appointment. This helps remove dead skin cells and can make the waxing process more effective.
- **Cleanse:** On the day of your appointment, take a shower and thoroughly cleanse the area to be waxed. This helps remove any natural oils, lotions, or sweat, allowing the wax to adhere better to the hair.
- **Avoid Sun Exposure:** Limit exposure to direct sunlight or tanning beds for at least 48 hours before your waxing session. Sunburned or overly tanned skin is more sensitive and prone to irritation during waxing.
- **Skip the Gym:** Avoid intense workouts or activities that cause excessive sweating on the day of your waxing appointment. Sweating can open up your pores, making the skin more susceptible to irritation.
- **Hydrate:** Drink plenty of water in the days leading up to your waxing session. Hydrated skin tends to be more elastic, reducing the likelihood of discomfort during the waxing process.
- **Avoid Caffeine:** If possible, limit your caffeine intake before your appointment. Caffeine can stimulate the nervous system, making you more sensitive to the waxing process.
- **Skip Retinoids:** If you use topical retinoids or products containing retinol, discontinue use at least a week before your waxing session. These products can increase skin sensitivity and make waxing more uncomfortable.
- **Communicate:** Inform your waxing professional about any allergies, skin conditions, or medications you are currently using. This helps them tailor the waxing experience to your specific needs and ensures your safety and comfort.

BY FOLLOWING THESE PRE-CARE INSTRUCTIONS, YOU CAN ENHANCE THE EFFECTIVENESS OF YOUR WAXING SESSION WHILE MINIMIZING POTENTIAL DISCOMFORT AND IRRITATION. ALWAYS CONSULT WITH YOUR WAXING PROFESSIONAL IF YOU HAVE ANY SPECIFIC CONCERNS OR QUESTIONS RELATED TO YOUR INDIVIDUAL CIRCUMSTANCES.