

Before and After Waxing Tips

Before Waxing Tips

Preparing your skin before a waxing session can significantly improve your experience and results. Follow these tips to ensure the best outcome:

1. **Hair Length:** Ideally, hair should be about 1/4 to 1/2 inch long for waxing. If it's too short, the wax won't grip the hair well; if it's too long, trim it before your appointment.
2. **Exfoliation:** Gentle exfoliation 24-48 hours before waxing helps remove dead skin cells and allows the wax to adhere better to the hair, reducing the chances of ingrown hairs.
3. **Hydration:** Keep your skin well-hydrated leading up to your appointment. Moisturized skin is more supple, making hair removal less painful.
4. **Avoid Sun Exposure:** Try to avoid excessive sun exposure or tanning beds 24 hours before waxing, as this can make your skin more sensitive.
5. **Pain Management:** If you're sensitive to pain, consider taking an over-the-counter pain reliever 30 minutes before your appointment.

After Waxing Tips

Taking care of your skin after waxing can prevent irritation and help maintain smooth results. Here's what to do post-waxing:

1. **Avoid Hot Baths and Showers:** Hot water can irritate freshly waxed skin. Stick to lukewarm water for the first 24 hours after your wax.
2. **Loose Clothing:** Wear loose, breathable clothing to allow your skin to breathe and reduce friction on the waxed area.
3. **Moisturize:** Hydrate your skin with a gentle, fragrance-free moisturizer to soothe and protect the skin.
4. **Avoid Touching:** Refrain from touching the waxed area unnecessarily to prevent introducing bacteria and causing breakouts.
5. **Exfoliate Regularly:** To prevent ingrown hairs, start gentle exfoliation 48 hours after waxing and continue 2-3 times a week.
6. **Sun Protection:** Protect your skin from sun exposure post-waxing, especially if you've exfoliated, as the skin can be more sensitive to UV rays.

Additional Tips for Best Results

- **Regular Schedule:** Stick to a regular waxing schedule recommended by your esthetician to maintain smooth skin. (Prebooking before leaving your appointment is recommended)
- **Professional Advice:** Consult with a professional if you have specific skin conditions or concerns before your waxing session.

By following these before and after waxing tips, you can ensure a more comfortable experience and longer-lasting results.