

## Brazilian/Guyzilian Waxing Aftercare Advice

Please follow the guidelines below to ensure your skin is cared for properly over the next few days.

*Please note: slight soreness, small bumps and redness are common and perfectly normal temporary reactions, particularly if this is your first wax. These symptoms should subside over the next 24-48 hours. If you experience persistent redness or irritation, or if you have any questions, please do not hesitate to contact us.*

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

- No hot baths or showers (washing in lukewarm water is fine).
- No saunas, hot tubs or steam rooms.
- No tanning (sunbathing, sun beds or fake tans).
- No sport, gym work or other exercise which heats the body.
- No sexual activity.
- Avoid touching the waxed skin with unwashed hands and take particular care with cleanliness after using the toilet.
- Wear clean underwear and avoid friction from tight clothing.
- Avoid swimming in chlorinated water.
- Do not apply deodorants, body sprays, powders, lotions or other products to the area, other than those recommended by your therapist.
- To soothe and protect the skin, apply an antiseptic product to the waxed area regularly for 3 days following your treatment. Always wash your hands before applying the product.
- Exfoliating with a body scrub product or a loofah a couple of times a week will help to prevent in growing hairs.

Most people start to notice a small amount of re-growth after a week or so. It may take up to 4 treatments for your hair to get on a growth cycle that gives best results. Hair needs to be at least ½cm long before it can be successfully removed by waxing; please do not shave the area between your appointments. To maintain your smooth appearance, we recommend regular waxings every 4-6 weeks.