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**Waxing Aftercare Advice**

Please take a moment to read the aftercare advice below. This advice is important because the skin and the underlying structures have been stimulated, bringing newer cells to the surface and encouraging cell renewal in the epidermis. Therefore, it is essential not to stimulate the skin even more as this could cause redness and irritation.

Please note: some slight soreness, small bumps and redness are common and perfectly normal temporary reactions, particularly if this is your first waxing. 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.

Over the next 24-48hrs keep the waxed area clean, and avoid heat and friction. This means:

z. No **hot** baths or showers (cool to lukewarm water only).

z. No saunas, hot tubs or steam treatments.

z. No tanning (sunbathing, sunbeds or fake tans).

z. No sport, gym work or other exercise.

z. Avoid scratching.

z. Avoid touching the treated area with unwashed hands.

z. Wear clean, loose fitting clothes.

z. Avoid swimming in chlorinated pools.

z. Do not apply deodorants, body sprays, powders, lotions or other products to the treated area. Your therapist can recommend suitable alternatives.

z. Always wash your hands before applying any product.

z. To prevent ingrown hairs: starting a few days after your treatment, gently exfoliate

 the skin 3 times a week in the bath or shower. Also moisturise the area every day,

 which will keep the skin supple and help new hairs to grow through normally.

***You may notice a small amount of re-growth after a week or so. It can take up to 4 treatments for your hair to get on a growth cycle that gives best results.***

***Hair needs to be at least.1/2 cm long before it can be successfully removed by waxing; please do not shave between your appointments.***

**To maintain your smooth appearance, we recommend regular waxing every 4-6 weeks**