

Le Beau Day Spa

SKIN AND BODY MANAGEMENT

The Best Waxing Tips For Smooth Skin and Less Pain

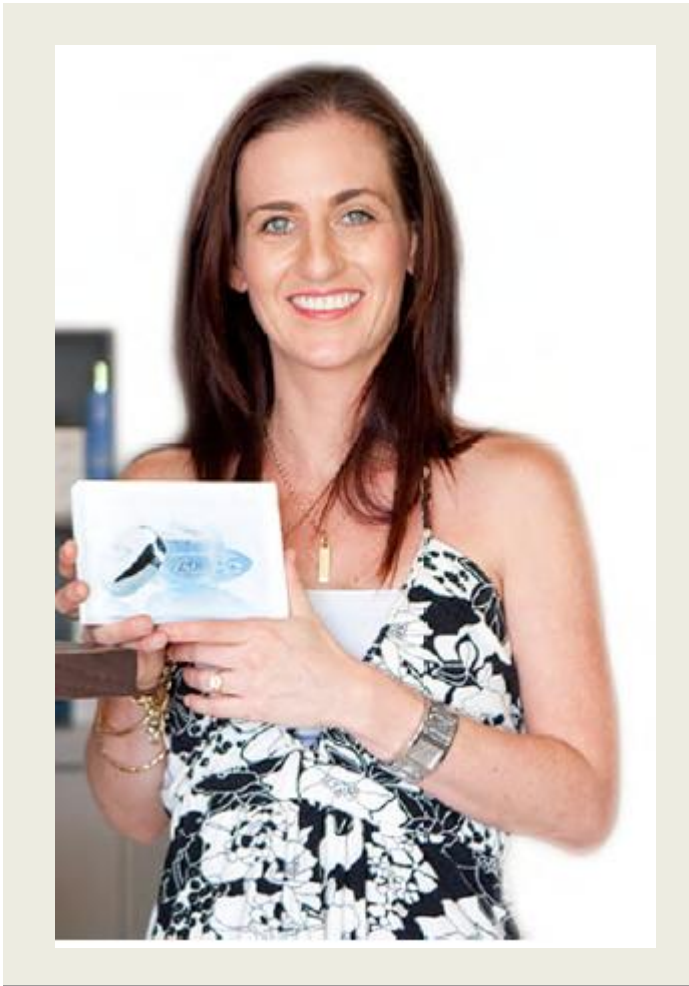


SMOOTH

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CHAPTER 1:

Do Waxing Tips



The things women do for beauty ... we understand this topic can be a very delicate issue for many of you, but it is a very essential beauty service.

Having beautiful, smooth skin can make a woman feel more feminine, confident and alluring. The important thing that most women would like to know is how to achieve this gorgeous smooth skin without the pain.

- **Do** – dull the nerves. Prior to waxing apply something to numb the skin surface like a numbing cream or spray. Remember to not cover the whole body as this can cause heart conditions!
- **Do** – take Panadol or Ibuprofen one hour before your waxing appointment. Remember Ibuprofen should be taken with food.



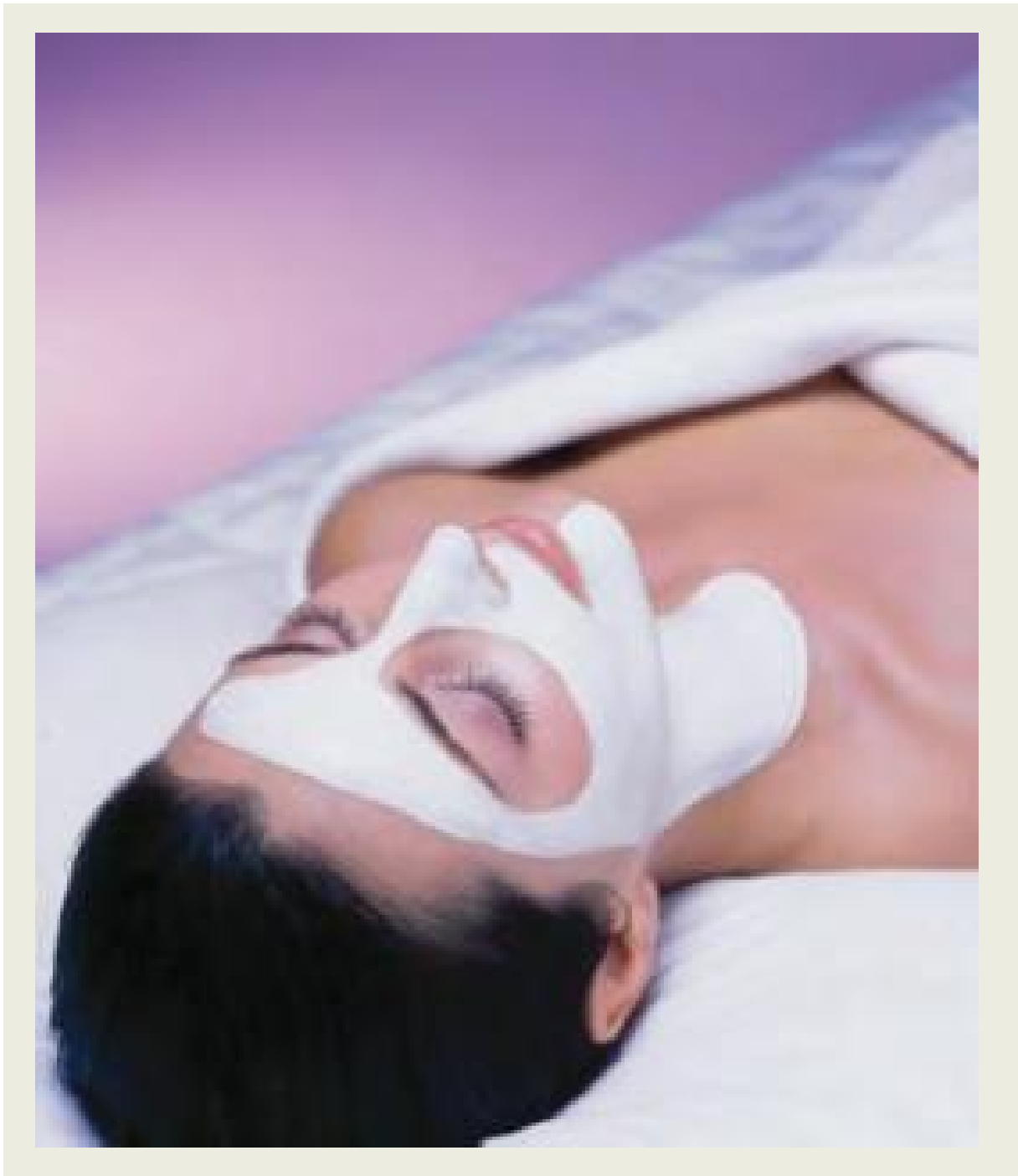
Your skin loses about 30,000 to 40,000 dead skin cells from the surface almost every minute, even though you do not see it happening. This is why exfoliating is so important to keep that healthy

Do — use body scrub and moisturiser regularly. Exfoliating gently before waxing will assist the process plus exfoliating helps prevent ingrown hairs. For more intense cases of ingrown ask one of our therapists for product solutions.

- **Do** – wax regularly so there isn't a massive growth. This is especially the case with Brazilian waxing – the more hair there is the worse it is. Waxing regularly can reduce the pain of a Brazilian wax.
- **Do** – seek only experienced professionals to do your waxing. Many of the express nail bars are introducing waxing. Yes, they may be cheap but no certificates of training will be apparent as is the case with the nail technicians. Only ever trust your treatment to a professionally trained waxing specialist.
- **Do** – as the therapist tells you in terms of position and stretching the skin. The better the stretch the less the discomfort.

CHAPTER 2:

Don't Waxing Tips



- **Don't** – think waxing at home will be easy. It is hard and in my years as a therapist I have seen many attempts go wrong (those stories would fill a book!). There may be lots of pain, burning and bruising, not to mention broken and ingrown hairs.

- **Don't** – use ice for numbing. You may think of ice as being great to numb the skin and reduce pain, but anything cold tightens the pores which can cause even more pain.



- **Don't** – drink alcohol or caffeine.

Stimulants in our system can cause the skin to be extra sensitive to waxing. Instead drink a lot of water to hydrate the body a couple of hours before your treatment.

- **Don't** – be shy. Your Therapist have seen it all before – many, many times!



***Waxes are
different!***

Do your research!

CHAPTER 3:

Best Aftercare Tips for Smooth Skin



Do follow aftercare advice very carefully.

- No hot showers for 8 hours

- No sunbeds, sunbathing/ saunas, steam rooms or excessive heat for 24 hours

- No self or spray tan for 24 hours

- No body lotions or washes for 8 hours

Your skin sheds a layer of these dead cells every 24 hours and renews itself about every 28 days.

Underarms

- As above plus no deodorant for 24 hours
- Try and keep area cool

Bikini / Brazilian

- No hot showers for 8 hours
- No tight clothing around the area for 24 hours
- No g strings that day
- No body lotion or wash for 8 hours
- Exfoliate and moisture regularly to avoid ingrown hairs BUT not within the first 24 hours

CHAPTER 4:

Best Aftercare Tips for Less Pain



Finally

Any reactions should only last for a few hours to a maximum of 24.

If any longer than please apply a cold compress / antiseptic lotion and **inform your therapist – this is very important.**



Your skin swells when it absorbs water. Best to put your moisturizer on after getting out of water to hold all that moisture in!



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