



# SPA HAMBRIK

beautiful, youthful, healthy skin



## I've never been waxed before. How is it done?

Waxing is the most common method of hair removal in spas today. Hair on any part of the body or face can be waxed. Warm wax is applied to the area and then removed, bringing the hair with it. There are two types of wax: hard and soft. Hard wax, which is easier on delicate skin, is often used on the face, underarms, and bikini area. Soft wax is used on the legs, arms, back, and chest.

Waxing reduces hair growth when performed at regular 30-day intervals. Because waxing pulls the hair out by the root, it grows back softer, finer, and thinner. The more you wax, the less hair grows back.

Waxing should not be performed if you have particularly sensitive skin, because it pulls off a couple of layers of skin cells along with the hair. Waxing can cause tenderness and swelling. In addition, some medications will cause the skin to react badly to waxing. Don't wax if you're taking Retin-A, Accutane, or any type of acne prescription.

**Preparing for treatment:** Let the hair grow out to about a half-inch above the skin. If hairs are too short, the wax won't adhere strongly enough to pull them out. Refrain from taking a shower or bath before the treatment. Soaking the hair will soften it, allowing it to break more easily and making waxing less effective. Do not apply lotion to the skin before your waxing session.

**What to expect:** An antiseptic lotion may be applied to cleanse the area first. Some estheticians apply a light dusting of baby powder to be sure the skin is dry before applying the wax.

- If soft wax is being used, the warm wax will be spread on the hairs in a thin layer. A cloth strip (muslin or pella) is then applied to the wax, and rubbed in the direction of hair growth. The strip is then pulled quickly in the opposite direction of hair growth while the skin is held taut with the other hand.
- If hard wax is being used, a thicker amount of warm wax is applied and allowed to dry. No cloth strip is applied. The wax is flicked to allow the esthetician to grip it, and it is then pulled off quickly in the opposite direction of hair growth. Hard wax doesn't adhere to the skin as much as soft wax, and is therefore used on more delicate areas such as the bikini area, underarms and face.

**How much does it hurt?** Most people tolerate it well, and get used to the sensation after a few treatments. The level of discomfort you will feel depends on your level of pain tolerance in general, and on which area is being waxed. If you still find waxing very uncomfortable after several treatments, many estheticians offer numbing crèmes that can be applied 45 minutes prior to the service. Clients are also recommended to take two ibuprofen tablets prior to their appointment, to reduce discomfort and decrease inflammation in the post-waxed area. For women, it is generally best not to schedule waxing services just prior to or during your period, as you are more sensitive to pain at this time and will experience more discomfort.

**Home care after waxing:** It's important to care for the waxed area properly after treatment to prevent ingrown hairs, breakouts, or other reactions. Exfoliation, using a pumice stone or exfoliating gloves with a bath gel, will help keep the skin clear. Avoid using a bar soap because it leaves a film on the body that could cause ingrown hairs. For the face, back, and chest, use a more gentle exfoliant and an anti-breakout lotion (ask your waxer about recommended products). Directly after waxing, avoid direct sunlight and tanning booths, especially while the skin is still red from treatment. For 24 hours after waxing, avoid exercise, hot tubs, and products with harsh chemicals, perfumes, or dyes. Apply a gentle moisturizer 24 hours after treatment.

**Your esthetician:** Your skin care treatments should be provided by a properly trained professional. Don't hesitate to ask your skin care therapist about her background, training, and experience—especially as it relates to the treatment you are considering. Your therapist is a professional member of Associated Skin Care Professionals. Our members have been validated as meeting their state's licensing credentials and/or core training requirements, and agree to follow a code of ethics which ensures you'll be treated responsibly and with the utmost respect. ASCP also provides its members with comprehensive resources that allow them to keep up with changing trends, making certain you'll receive the most up-to-date therapies available.