

# Pre- and Post-Bikini Wax Instructions

## Pre-wax...

- To prevent ingrown hairs, always use an organic exfoliant such as Eminence on the waxed area the day before waxing. Beginning two days after waxing, use at least once a week ongoing.
- Non-aspirin products such as acetaminophen and ibuprofen can be used before a bikini wax to alleviate any possible pain.
- If exercising before a bikini wax, make sure the skin is clean and dry as moisture can make the hair less likely to be removed.
- Certain medications may affect the results of waxing. All waxing clients must fill out a skin care questionnaire to confirm that their skin can be waxed. Certain medications, such as Retin-A, Renova, Differin, Accutane, blood thinners, and heart medication, may make the skin too thin and sensitive to wax. Professional exfoliation and any peels done at a dermatologist's or plastic surgeon's office should be brought to the attention of your Skin Care Specialist.
- Do not get a bikini wax if you are a diabetic.
- There may be additional charges for extensive waxing, tweezing, and/or ingrown hairs.
- Do not shave at least two weeks before waxing. For optimum waxing results, have the area waxed once a month, and never shave the area: Shaving will return the hair to thick razor stubble.
- Do not tan the bikini area in the 24 hours prior to your wax appointment.

## Post-wax...

- Do not tan the waxed area in the 24-48 hours following your waxing.
- After waxing, use only natural (preferably organic) products at home on the skin. Your Skin Care Specialist can suggest the correct Eminence product for you.
- Purchase Finipil cream and apply to the bikini area every day to prevent ingrown hairs, infection, and regrowth.
- Don't forget to book your follow-up wax in 3-4 weeks! The easiest and most painless way to maintain your bikini wax and is to follow a regular routine waxing.
- Call Casa Dolce Spa if you have any question or concerns!