



First Time Waxing Information

It is important to be aware of the following when it comes to any and all waxing experiences. All hair is required to be **¼ of an inch long** in order to be waxed. This is similar to the length of a grain of rice or the length of your pinky finger nail. You must **not have shaved** the area in a minimum of two (2) weeks. Prior to coming in for your appointment you should gently exfoliate and moisturize the area to soften the hair follicle. We ask that you do not come in for your waxing appointment directly from the beach or from the gym. It is best to avoid hot showers, working out or direct sunlight for at least 24-hours after waxing. Waxing can be an uncomfortable experience the first time and you may not achieve the results you are seeking for at least a few waxing sessions. Failure to adhere to these standards may cause inconsistent results.

Legs - Unfortunately, we cannot promise a painless waxing experience on any areas. After years of shaving, your leg hair has grown accustomed to a growth pattern and waxing aims to change that pattern. The most important thing to keep in mind during a wax is to breathe. It's crucial that you remain still during the process until your aesthetician tells you to turn over onto your stomach so she can get the backs of your legs. Remember, leg waxing is an ongoing process, so **your freshly waxed legs will not be silky smooth after your first wax**, your second wax and possibly even your third wax. If you wax your legs every 4-6 weeks your hair cycle growth will adapt to the new pattern and you'll be able to see the amazing results waxing can provide.

Bikini Wax - The bikini wax removes hair from the **traditional panty or bikini line**, and most likely can be performed with your undergarments on. Wait to book your appointment a week after your menstrual cycle when your pain tolerance is a bit higher; the pain won't be removed completely, but you will be able to endure a little more pain. Not to mention, taking an ibuprofen 30 minutes to an hour before waxing can also reduce some pain.

Brazilian Wax - The Brazilian wax removes ALL hair from your bikini area. Brazilian waxes aren't usually for first-time waxers, so if you're a waxing regular, **make sure not to shave between waxes**, as it may reverse the effects of waxing. Hairs will grow back finer and thinner with each waxing treatment, and your bikini area should remain hairless for at least 3-4 weeks.