

## Pre Waxing Tips

- Allow at least ¼ of an inch in hair growth length. This is about 2-3 weeks of growth after shaving. Do NOT trim or buzz. The more follicles/roots we can pull, the cleaner the wax, the longer it is going to last, and the happier you are going to be.
- If you have a low pain tolerance, take ibuprofen or Advil 30-40 min. prior to waxing to minimize discomfort and wear loose fitting clothes.
- You **CANNOT** be waxed if you are taking any antibiotics, Accutane, Differin or Retin A. You should wait 2-6 weeks depending on how long you've been on the medication as we want to insure the medication is out of your system before waxing. Consult with your physician prior to coming in should this be your circumstance.
- Avoid Caffeine or alcohol as this can make your skin more sensitive because it creates a lot of acid in the body. Taking Tums 20 min. before your service can help reduce acidity and skin sensitivity.

If you drink coffee or alcohol, try to do it at least a couple of hours before your wax appointment and be sure to drink plenty of water to hydrate your skin.

- RELAX! Some people hold their breath or tense their body while getting waxed. While it might seem easier said than done, breath deeply. A relaxed person will cope much better with any pain.

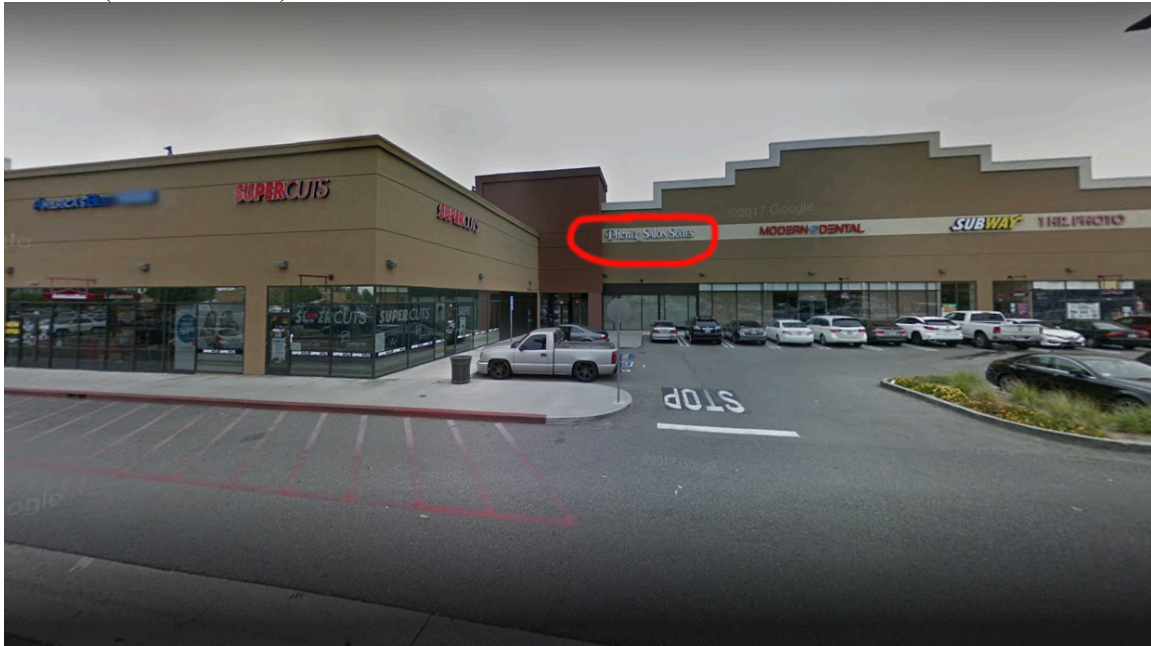
## Post Waxing Tips

- Do Not shave, trim, or use hair removal creams between waxing services.
- Avoid exercising for at least 24 hrs.
- Avoid hot baths/showers, pools, saunas, sun exposure and products for the first 24-48 hrs.
- Avoid tight fitting clothing, lace and synthetic underwear.
- Ingrown hairs are common. To reduce ingrown hairs, exfoliate at least 2-3 times a week...and a day or two before your next appointment.
- To treat red and white bumps - do not pop them! Apply any of the following anti-bacterial products: aloe, witch hazel, hydrocortisone, or tea tree oil. The more you wax, the less prone you'll be to breakouts.

## FAQs

### Where are you located? I can't seem to find your studio.

- LiLi's Esthetics is **located inside Phenix Salon Suites** right next door to Supercuts. For your convenience, a Google image of Phenix Salon Suites is below (circled in red).



### Can I still wax while on my cycle?

-Yes, many Clients come in with a fresh tampon and it's no big deal. Just keep in mind you may be more sensitive 3 days before and 3 days after your period. You can even take an Ibuprofen to flight the extra sting during this time.

### How do I cancel or reschedule my appointment?

It's simple: just scroll down to the bottom of your conformation email you got when you booked your appointment or even your reminder email. And click the teal change/ cancel button.

- Don't forget to check and read your email when you book your appointment. 24 hour cancellations and other policies are strict and adhered to. No surprises, no exceptions!
- **No exceptions for canceling same day appointments because you have started your cycle. As mentioned, you can still wax WITH a tampon.**

## **What Should I do to prepare for my wax?**

### Have the proper hair length.

- If you have been shaving and trimming, you will need at least 2 ½- 3 weeks growth to get a good wax as hair is more stubborn from shaving. The hair should be at least ¼ of an inch (like a grain of rice in length).
- Exfoliate at least 2 days prior to your appointment ( NOT the day of ). This will prepare the hair to come out with ease ( this does NOT pertain to FACIAL hair).
- Wear comfortable, loose clothing. Nothing too tight.

## **How long will my wax last?**

- In order to keep the hair coming in at a reduced rate, I find that coming in once a month is a good rate of getting a wax. My recommended schedule is about every 3-6 weeks and that can be discussed at the time of your appointment.
- It's possible some people can see hair growth peeking through as soon as 2 ½ weeks.

## **Can I shave in between my appointments?**

- Do not shave, trim, or even Nair between waxing. It makes your future waxing more painful and the hairs resistant to future waxing. The first couple of waxes may not be perfect and you may not be super smooth.
- Hair grows in cycles and at different lengths especially if you have been shaving for a long time or off on your wax schedule. So at the time of your first wax, there will be really short hairs and long hairs. There also can be some breakage resulting in the hair not being pulled from the root. Be patient. As you continue to wax, the hair volume and thickness of hair is less as it will be much easier to get all the hair, getting the results that you want.
- If you see some random hairs, you may tweeze but only for 3 days after the waxing, then just grin and bear until the next appointment. You should be a happy camper by your 3<sup>rd</sup> visit and that's what we want: a close to pain-free wax as possible!

## **What can be done to prevent red and white spots post waxing?**

- It's common to have some breakouts or little red spots, especially if you have sensitive skin. The follicle is open because the root was just pulled out. For preventing this, follow our instructions given and treat the waxed skin with antibacterial or antiseptic products. You can take other precautions such as applying a soothing solution to reduce irritation.