

Aesthetics & IV Nutritional Therapy  
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## WAXING POST CARE INSTRUCTIONS

Congratulations on choosing Waxing for Hair Removal. Properly cared for skin results in less hair breakage, less bumps, less ingrown hairs and decreased irritation.

- Keep the waxed area as clean as possible for the next 48 hours
  1. Avoid touching the waxed area
  2. Avoid tight, restrictive clothing. Clean, breathable cotton garments are best.
  3. If you are prone to infection and/or ingrown hairs, bring a fresh garment with you to wear immediately afterwards.
  4. Avoid spandex, lace, nylon, etc
- Avoid activities that increase your core body temperature for the next 48 hours
  1. Including hot baths/ showers, saunas/steam rooms, hot tubs, gym/exercise, sunbathing or tanning beds
  2. A lukewarm shower is better than a bath
  3. Avoid activities which cause you to sweat are not advised as bacteria, oils, runoff product, dirt etc. will interfere with your newly waxed/exfoliated area and increase the chance of irritation and infection.
- Your waxed skin is far more susceptible to burning, avoid the sun and/or sun tanning for 48 hours
- Avoid wearing perfume, body spray, makeup, deodorant etc. on any waxed area for at least 24 hours. These products may cause stinging, infection, pustules, irritation, etc.
- After 48 hours, gently exfoliate the area 2-3 times a week. Proper exfoliating and moisturizing your skin will improve the tone/texture and prevent ingrown hairs.

If this is your first wax, you may see hair growth within the first few days.

Treatments should be repeated every 3-5 weeks for optimal results and typically 4+ sessions. After about 4 sessions you will notice the hair will grow thinner and lighter and the texture of the hair will change. Most people experience 2-3 weeks of bare, smooth skin before any significant/visible amount of hair growth.

Avoid shaving in between treatments. Exfoliation and moisturizing in between treatments in order to keep your skin at its best. It is best to schedule treatments in advance, however when your hair is at least ¼ inch in length then it is time for another appointment.

I look forward to seeing you again!

If you have any questions or concerns, please contact the clinic at 208-799-3333 or you can email Kayla at [kayla@ihmedspa.com](mailto:kayla@ihmedspa.com).