

PRE-WAXING ADVICE



ARE YOU A WAX VIRGIN?

When you go for your waxing appointment most spas will always explain waxing aftercare. Yes, while it's important to ensure you get the best from your treatment and you know the best way to achieve that. It's also important to be prepared for your waxing treatment and ensure you get the best waxing experience.

If you're a wax virgin, then you'll probably not be aware of what's expected so here are some things that will help and ensure you get off to a great start...

LET IT GROW!

Let it grow! Always ensure it's the correct length. If you've been shaving or trimming hair very short, then you must ensure its long enough to wax. Ideally you want the hair to around 1/4 inch (the length of a grain of rice). If you're covered in hair and it's very long, then you may just want to trim at home with most clippers/ trimmers a grade 4 should reduce long hair and still have it long enough for a successful removal. But we're happy if you prefer us to trim it for you prior to waxing. Most clients add a manscaping service to their waxing appointment.

COME PREPARED

If you're coming directly from work, you should bring a clean t-shirt to change into after your upper body wax as it will ensure your skin will be nice and clean. Remember you've been wearing your T-shirt or shirt all day and it's a good way to start your after-care by putting on a clean item of clothing onto freshly waxed skin.

PLAN YOUR ROUTE

Try not to rush getting to your appointment, especially in the middle of summer, or when travelling on a hot train or bus, as you're going to increase your body temperature and run the risk of sweating/perspiring as this can often make your waxing treatment a lot more uncomfortable. Cool skin is so much easier to wax! Carry a bottle of water and keep cool and wax on!

EXFOLIATE, EXFOLIATE, EXFOLIATE

Gentle exfoliation of the skin using a washcloth or dry brushing with a body brush a few days before your waxing is good as it will help to remove any dead skin, it will also help to lift the hair slightly, which will make for a better waxing treatment and can reduce the risk of ingrown hairs. Moisturizing between waxing treatments will hydrate your skin and keep it nice and soft prior to your waxing treatment. Dry skin can be more uncomfortable to wax! Many of our clients use the PFB Vanish roll-on to help with exfoliation a few days before the next wax appointment.

KEEP OFF THE SUN-BED!

Don't have your waxing carried out if you've just been sunbathing or you've just had a sun-bed session, as your skin will be much too sensitive. Ensure you leave a few days between sun exposure and having your waxing treatment carried out, as your skin will be more likely to lift and will take much longer to heal.

PLAN IN ADVANCE

If it's your first time to wax, avoid scheduling your first appointment just before a special event like a photoshoot or a holiday etc. Your skin may react with redness or a slight irritation so if it's possible to have your first wax 4-5 weeks before so you will know what to expect.

HONESTY IS THE BEST POLICY

Make sure you're 100% honest with your therapist when you complete your pre waxing consultation. The questions we ask are essential to ensure we wax you safely and we're trying to ensure that we offer you the best outcome. If we identify some issues that could affect the waxing treatment or how your skin may react then it allows your therapist to arrange a patch test and to use the best suitable wax and products for your skin, or to discuss/review your best treatment options. Please disclose all relevant information when you're completing your online consultation forms.

LEAVE THE SKINNY JEANS AT HOME

Preplanning is key to getting the best from your appointment. Make sure that you wear suitable clothing, for example you don't want to wear tight skinny jeans after having your legs waxed, as this will cause too much friction and discomfort on freshly waxed skin. Try and avoid too many layers of clothing so that you can keep your skin cool and avoid overheating and sweating.

NUMB THE DISCOMFORT

Lastly, but importantly, if you've got a very low pain threshold then you may want to consider taking some pain relief to help with the discomfort. Over-the-counter anti-inflammatories such as ibuprofen are a popular choice for some clients. Antihistamine or anti-allergy tablets are sometimes good for helping your skin to settle much quicker after your waxing treatment, especially if it's your first experience, or if you've got particularly sensitive skin. You should also check with your esthetician which retail items they recommend from PFB Vanish for post waxing after-care. If you are going to purchase your own products make sure that you plan to use them straight after your waxing treatment. Also make sure your products are not expired. Most products only have a 2-year shelf life.