

POST WAXING ADVICE



KEEP YOUR SKIN SMOOTH, SOFT & HAIR FREE WITH OUR ADVICE

Okay so you didn't listen to your esthetician when they explained waxing aftercare during your treatment so here's our list of the more popular questions to ensure you get the best aftercare advice and keep your skin, smooth, soft and hair free ...

CAN I SHOWER AFTER MY WAXING TREATMENT?

Ideally wait a few hours as it's better to avoid any heat and moisture on the skin, but if you've overheated during your journey home or feel hot and sweaty then have a quick cool shower avoid friction and keep skin cool.

MY SKIN FEELS VERY SENSITIVE AND A LITTLE IRRITATED, IS THIS NORMAL?

We highly recommend using the professional products from PFB Vanish. After your appointment be sure to grab a tube of the Wild Peppermint or Rose Glow soothing cream for post waxing. Avoid heavy layers of fragranced creams and oily products as they won't allow the skin to breathe and can often cause more irritation. Make sure that you wash your hands properly before you apply products to the skin to protect the skin and apply the products as recommended. Use a suitable antibacterial body wash on your skin every time you bathe or shower.

I'VE GOT WHITE BUMPS / SPOTS ON MY SKIN IS THAT NORMAL?

Some clients may experience a histamine reaction, especially areas like the chest or areas where you have had much stronger hair growth removed. Often the reaction will be immediate, especially for wax virgins and will often be visible during the treatment, for some people it will come up gradually over the first few hours. We recommend clients take a one a day antihistamine or some anti-allergy tablets (provided they can take these) for a few days as it often helps to reduce the histamine reaction. Combine this with a post wax product.

IS IT NORMAL TO FEEL UNCOMFORTABLE IN CERTAIN AREAS AFTER WAXING?

If you've just had a back waxing treatment, then walking around town with a heavy backpack with straps rubbing against your skin is likely to irritate your freshly waxed skin. Equally if you had waxing carried out on your waistline (lower abs) then a tight-fitting belt with buckles this may also rub on the skin will also cause irritation. Or if you've had an Intimate waxing treatment then ensure that you wear loose fitting underwear.

I'M A GYM BUNNY WHEN CAN I RETURN TO THE GYM?

As most of us know, when you work out it usually involves a lot of sweat and friction on various parts of the body. The combination of sweat and freshly waxed follicles will more than likely result in you getting bacteria on the skin and will most certainly increase the risk of a post wax skin reaction! You should avoid the gym for 24/48 hours especially if it's your first time waxing and you're unsure how your skin will react.

WHY NO SAUNA OR SWIMMING POOL?

The combination of chlorine and warm water/ heat could cause a reaction because your skin will be more sensitive after waxing. There is an increased risk of infection when you use Jacuzzis and hot tubs for the same reasons plus you don't know how clean the water is! Just like going to the gym you want to avoid any sweat or overheating of the skin, so just avoid all these activities for a few days after waxing.

WHY DO I NEED TO EXFOLIATE?

This needs to be done with a suitable product for the area. You should start to exfoliate about three days after your waxing treatment. We recommend all our new clients use exfoliating gloves in the shower with an antibacterial body wash. You should exfoliate 2/3 times per week, this should be done gently to begin with, remember that your skin may be slightly sensitive after waxing so you don't want to scrub the skin too harshly. Regular exfoliation will keep your skin soft, and this will enable the new hairs to come through normally and will reduce the risk of ingrown hairs. We recommend that you use the recommended roll-on from PFB Vanish. Please do not over exfoliate, you need to treat your skin correctly!

WHY SHOULDN'T I WAX ON DATE NIGHT?

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SHOULD I BRING CLEAN CLOTHING AFTER MY WAXING APPOINTMENT?

As your skin settles for those first few days after waxing try and keep your clothing to natural fibers, also, if possible, avoid new clothing, as your skin may react. A clean T-shirt, or clean underwear is the perfect way to start your waxing treatment after-care so, if possible, take these with you to change into immediately after your treatment.

JUST LISTEN TO THE PROFESSIONALS!!

The most important thing to do is to follow the correct after-care guidelines. Remember that your therapist will often wax hundreds of clients each month, so in terms of skin reaction, side-effects, tips and guidelines as to what works best, they will be the best person to advise! So, listen to the advice they recommend the retail products they suggest for your convenience, and these are products that will work, we do not push products onto clients for the sake of it, we assess each individual and recommend what we think would work best for you. We retail a selection of suitable skin care products designed to use but we also recognize that some people prefer to purchase their own products, so for your convenience we are happy to make suitable recommendations as part of your waxing aftercare.