



## **Waxing post care**

It is quite normal for your skin to look and feel irritated immediately after waxing, especially if this is your first time being waxed. This will subside over the next 2/3 days.

- For the next 24/48 hours only take cool baths or showers.
- Avoid touching, scratching, or rubbing the treated areas.
- Avoid friction, rucksack, belts, tight fitting underwear etc
- Wait 24/48 hours before going to the gym or doing any vigorous exercise.
- Avoid swimming pools, saunas and hot tubs.
- Avoid sweating and overheating.
- Begin to exfoliate the skin from 3 days after the waxing. Use a clean or freshly washed exfoliating cloth. It should be done gently to begin with. You should exfoliate 2/3 times per week. This reduces the risk of ingrowing hairs.
- Wait 24 hours after if having an intimate wax before any sexual activity. If you have a date planned then ensure the wax is carried out at least 24 hours before.
- Try to wear natural fibre clothing for the following few days.
- No sunbathing, sunbeds or self-tanning products until all redness has gone.
- Apply a soothing lotion as recommended by your therapist to calm and protect the waxed skin. Ensure you use a sunscreen on any exposed areas.