



## **Waxing After Care**

### **Pre-Waxing Care Essentials**

Here is a list of pre-waxing measures that you should try the next time you wax at home or before you head out to a waxing salon.

- It is important that you perform a thorough visual inspection of the area that needs waxing. Check for signs of broken skin or inflammation. When you detect a wound or open skin, it's best to delay waxing until the skin is completely healed. Identify moles or beauty marks that you may have so that aestheticians will perform measures to protect them during your waxing session.
- Allow the hairs to grow first, but not too long. The hair must be long enough for the wax to grip it and pull it out effectively. The wax will be unable to grip the hairs if they are too short. Consequently, the wax will have a difficult time to adhere to the hairs if they are too long. It is also more painful to pull out if the hairs are too long. Ideally, wait for two to three weeks or until the hair is about a quarter of an inch before you perform or schedule a waxing session.
- Do not forget to exfoliate before waxing. Ideally, exfoliate the skin to be waxed a day or two before your scheduled appointment. Do not use rough exfoliators before waxing. Make use of a soft washcloth soaked in warm water to gently exfoliate the skin. Do not rub too hard as this may result in breaks on the skin.
- Moisturize the skin a few days prior and on the day of waxing. A well-hydrated skin allows for the wax to release more easily and with less pain. Do not overly moisturize the skin, too as a thick coat of moisturizer can harm the wax's grip into the skin.
- When waxing the bikini area, make sure that the skin in this region is cleaned thoroughly. Waxing is a hair removal method that leaves the skin more prone to infection. Areas of the body that are naturally warm and moist are more vulnerable to bacterial growth and infection.
- If you use skincare products that contain retinol, it is advisable to temporarily stop using them at least two weeks before your scheduled waxing appointment. Retinol-based

products make the skin vulnerable to injury, especially during waxing sessions.

### **Wax Post Care**

- Waxing leaves the skin sensitive 24 to 36 hours after the procedure. During this healing and recovery time, it is essential to implement a few care tips that will ensure comfort and preserve your perfect waxing results.
- As a general rule, it is important that you avoid certain products or activities that may pose problems such as bacterial infection, itching, rashes, ingrown hairs, and skin inflammation among many others.
- Cold compress application is an easy and inexpensive post-waxing care tip. Use ice cubes or a cold sponge puff directly on the treated skin for a few seconds. Cold compresses are excellent aftercare as they calm inflamed skin and reduce the appearance of red bumps and irritation.
- Besides cold compress application, you may also use cooling gels to calm the wax-treated regions of your skin. Cooling gels usually contain aloe vera and tea tree oil—two ingredients which not only alleviates redness and inflammation, but also soothes the skin.
- Wear loose items of clothing that are made from light and breathable fabrics. Do not wear clothing that features elastics which may irritate the skin. If you just underwent waxing in the bikini region or Brazilian wax treatment, wear breathable underwear to reduce friction and sweat from developing. Ideally, wear cotton clothing after a waxing treatment.
- Exfoliate and moisturize at the right time. Exfoliate the skin three to four days after waxing. Never perform exfoliation immediately after waxing as the skin is still sensitive and has not fully recovered from the waxing process. Moisturizing should be implemented a day or two after waxing. It is best to wait a few days before moisturizing as ingredients may clog the pores that may cause infection. Moisturizing the skin with natural hydrating formulations protects the skin from harsh chemicals, dirt, and strong fragrances that may lead to side effects, too.
- Experts recommend using antiseptic creams or hydrocortisone ointment to reduce the chances of inflammation, itching, and redness of treated skin.
- Lastly, always choose skincare and shaving tools and products from reputable brands. Your skin deserves only the best care. Buying gentle but quality pre and post waxing care products ensure that your skin remains smooth and hair-free for many weeks to come.