

### **What is waxing?**

Waxing is a safe and effective method of removing unwanted facial and body hair, using heated wax. The warm wax is applied to the desired area using a wooden applicator, and then the wax is quickly removed, taking the unwanted hair with it.

### **What type of training do Spa Space waxers have?**

Under the laws of the State of Illinois, waxing is to be performed only by individuals with a state-issued license in esthetics or cosmetology. Our estheticians are not only licensed in accordance with state law, but they also have specialty training with the products used at Spa Space.

### **What type of wax is used?**

Spa Space uses Ciripel™ - one of the most expensive and effective brands of wax available. Ciripel™ makes both strip wax (wax that is applied with a stick and removed with a strip of fabric) and hard wax (wax that is applied with a stick and removed manually). Your esthetician will determine which type of wax is best for you based upon the area to be waxed, the texture and extent of hair growth, and your skin's sensitivity.

### **I've read that Spa Space "never double dips a stick." What does this mean?**

At Spa Space, we are very concerned about hygiene and sanitation. Rather than use a single wooden stick to apply wax to your skin (re-dipping as needed for additional wax), every time a stick comes into contact with your skin, it is discarded. Often we go through dozens of sticks in a single waxing service - an investment we consider well-made because it prevents contamination of the wax from client to client.

### **What is the difference between basic bikini waxing and Brazilian waxing?**

A basic bikini wax removes the hair that falls outside the bikini line - the idea is that if you're wearing a bikini or bikini underwear, you'll have a neat, clean appearance. Some women prefer the line of hair to be a bit higher than others, and you can discuss this with your esthetician. A Brazilian wax is different in that it removes all of the hair from the bikini area - not just the hair that grows outside of the bikini line, but all of the hair growing in that region - front, back, between and underneath (although many women receiving Brazilian waxes prefer not to be totally bare and request that the esthetician leave a strip of hair up front). Brazilian waxing has become very popular in recent years, and you should not feel embarrassed by the process. Our estheticians are professionals and have seen it all before! Regardless of whether you're having basic or Brazilian waxing, you should try to avoid scheduling the service around your period, when your sensitivity will be much higher. Ideally, schedule the service one week following your period.

### **How much hair growth is required for effective waxing?**

At least ¼ inch of growth should be present. This is normally about 10-14 days growth (post-shaving).

### **How long does it take for the hair to grow back?**

Hair typically grows back in two to eight weeks depending on the individual. Due to cycles of hair growth (we have three), you may experience re-growth sooner. This is not the waxed hair growing back - it is the emergence of hair which was not present (or too short) at the time of waxing. With regular waxing early on, you can decrease the frequency with which you'll need it.

### **Does waxing increase hair growth?**

No, this is a myth. In fact, with regular waxing, re-growth is usually less and hair tends to become finer.

### **Are there any risks associated with waxing?**

Waxing is an exfoliation of the skin - often, when the wax is removed, surface cells are also removed. Exfoliation is healthy for the skin (even encouraged), however, too much can cause redness, irritation, and even rawness (which can lead to scabbing). Rarely, hyperpigmentation can result (darkening of the skin which can be long-term or permanent). Some clients get ingrown hairs post-waxing (which can have a bumpy, red appearance), especially in areas where the waxed hair is coarse and/or curly.

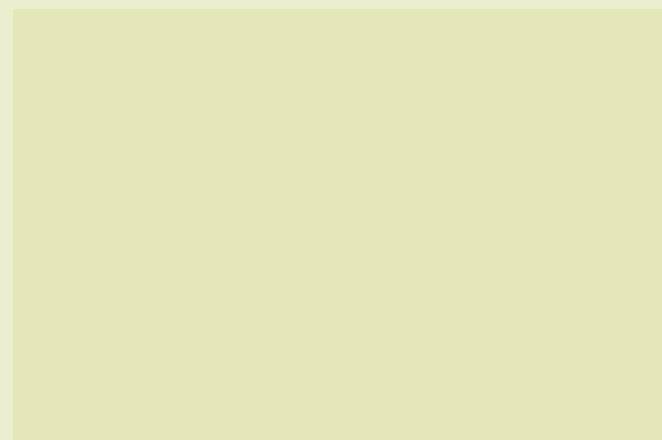
# Waxing

## Answers to all your questions.

### Tips following waxing:

- Your skin will be much more sensitive to the sun following waxing, so avoid tanning and be sure to use sunscreen with at least SPF 20.
- Avoid use of exfoliants (scrubs), AHAs, glycolics, and other ingredients designed to peel or exfoliate the skin for 72-hours following waxing.
- To prevent or treat ingrown hairs, apply Tend-Skin™ 24 hours post-waxing (not sooner). For body waxing, a gentle scrub can be used 72 hours post-waxing as well.
- To soothe any irritation, apply hydrocortisone to the affected area.
- Avoid heavy exercise/sweating for 8 hours following waxing, especially if you are particularly sensitive or irritated.

### Questions and Notes:



### Contraindications for waxing:

- Waxing should not be performed on any area on which vitamin-A based products such as Retin-A, Renova, and Differin have been used within the last 2 weeks. Please inform your esthetician of any usage of these products within the last 6 months.
- Waxing should not be performed on individuals who have used Accutane within the last year (minimum). Please alert your esthetician if you have ever used Accutane.
- If you are using products containing glycolic acid, salicylic acid or any other preparation designed to peel the skin, it should be discontinued for 3-5 days prior to any waxing.
- Waxing should not be used on areas of skin affected by warts, moles or other skin irritations.
- Do not receive waxing if you are diabetic or have any circulatory problems. Waxing should not be performed on areas with broken blood vessels or varicose veins.

### Tips prior to waxing:

- Know the contraindications (see above) and communicate with your esthetician about any procedures you have recently received on the area to be waxed.
- Avoid sun exposure/tanning for at least 5 days prior.
- Avoid heavy exercise/sweating for 8 hours prior.
- Avoid aspirin and other blood thinners. You may take an over-the-counter pain medication such as Tylenol or ibuprofen one hour prior to waxing.
- Remember - you can follow all of these tips and still have some post-waxing irritation due to hormones, stress, general skin sensitivity or other factors. Therefore, for special occasions, it is best to schedule your waxing at least 7 days prior.