



Alpha School of Massage

Learn To Relax

Pre and Post Care for Waxing Services

Pre-Service:

1. For best results hair should be approximately ¼ inch long.
2. Do not use creams, lotions, or gels on the area being waxed the day of the service.
3. Tanning should cease three (3) days prior to the service. If the skin is red, irritated, or sunburned, the service must be rescheduled.
4. Because of water retention and for your own personal comfort, you should avoid hair removal two days before your menstrual cycle is due and two days after it is completed.

Post-Service:

1. Avoid direct sun exposure/tanning beds for 24 hours after the service. After 24 hours wear SPF 30 or higher when exposed to the sun or any UV rays.
2. Avoid excessively hot conditions such as baths, saunas, and showers 24 hours after the service.
3. Avoid strenuous activity/exercise 24 hours after the service.
4. Avoid swimming pools for 24 hours after the service.
5. Do not use any products on the waxed area for 24 hours after the service.
6. Skin may be more sensitive than normal. Cool compresses can be applied to reduce irritation.

Continued Maintenance:

1. Keep hair follicles clean by showering immediately after strenuous activity/exercise.
2. Exfoliate every 3 days with a mitt/body brush or body scrub to avoid in-grown hairs.

I acknowledge that the waxing services have been fully explained to me and I understand the Pre and Post instructions that have been provided to me. All of my questions have been answered and explanations provided to my satisfaction.

Client signature

Print client name

Date

Student signature

Print student name

Date

Questions or concerns? Email SkinQA@alphaschoolofmassage.com or call (904) 389-9117