

# WAXING PRECAUTIONS

*Please note that waxing may have certain side effects such as skin removal, bleeding, redness, swelling, hives, pimples, ingrown hair and tenderness*

## **Redness or inflammation:**

One of the most common problems after waxing is redness or inflammation on the skin. One of the reasons behind it may be the ingredients present in wax. If you are allergic to a particular ingredient of wax, it is highly possible that you will develop redness or inflammation on your face after using it. You should avoid waxing after intake of caffeinated drinks or alcohol. These drinks stimulate the skin and make it more vulnerable to waxing. You may face more soreness and redness on your face.

## **Skin Irritation:**

If the skin is irritated after waxing, you should soothe your skin. You can use cool compresses like ice cubes on your skin or use some soothing lotions. Aloe-Vera gel can also be applied to soothe the skin. Red rashes (also known as a histamine reaction), sore skin, \*pimples and ingrown hair are very common problem, and fade away fast or in some cases in one or two days. However, if these side effects last longer, you should avoid waxing of your face. (\*see below)

## **Change in Skin Color:**

Some women skin become sensitive after waxing. The skin may turn darker after waxing in one or two days. If such is the case, your skin might be very sensitive to sun. You should use sunscreen with high SPF in such case. You should also avoid going into sun for one or two days after waxing.

## **Infection (Bacterial Reaction):**

Waxing on face may leave pores of face wide open. This in turn makes your face more susceptible to bacteria and cause infection. You should clean your face thoroughly after waxing.

Cleanse again. If you are at home, apply witch hazel, which has antiseptic properties with a cotton ball or square. Keep it clean. If you are at home, scrub your hands and nails thoroughly with warm water and soap. Put on disposable gloves, which will keep things more sanitary and make less clean up.

## **Try this:**

**Finipil** is specifically made to be used after removing hair. It is said to kill 99.999% of germs therefore preventing infection in the empty hair follicle.

**Do not touch.** Remember, you are more susceptible to infection after removing the hair follicle; fingers will put oil and bacteria on the skin.

**Exfoliate again.** Lightly exfoliate the next day, unless you are red or tender. Continuing to exfoliate regularly will help ward off pimples and ingrown hair.

**Beware of your spa habits.** Stay away from pedicures if you had a leg wax, and saunas and whirlpool with any type of waxing for the next two days. If you had body waxing, stick to a shower rather than a bath for the rest of the day.

**Do not exercise.** Doing anything that is going to make you sweat that day should be avoided.

**Tight is not good.** Stay clear of tight clothing where you had the waxing for the next few days.

**Do not even think of popping.** If you do get a pimple, resist the urge to pop it as this spreads the bacteria and can encourage more pimples. Instead, apply a tiny bit of tea tree oil, or your other favorite pimple-killing product.

## **Ingrown Hair:**

One of the other problems related with waxing is ingrown hairs. Because waxing does not remove all hair follicle from root, this becomes a common problem after waxing. To avoid such problem, you should exfoliate your skin gently before waxing. You should also do gentle exfoliating after a day of waxing.

Exfoliate before and after. Exfoliating lightly with an ayate cloth or other mild exfoliator before ridding hair helps remove dead skin cells allowing a better and an easier service. Gently exfoliating a day after the wax and continuing to do so, a couple times a week depending on your skin and hair type this will help keep dead skin cells out of the follicle. When the hair does start coming back, this helps it pointing up instead of going back into the skin. Stop them before they start. Many products are created to help fight and prevent ingrown hairs before they appear, containing exfoliating and moisturizing properties. Preventing them before they appear is much easier than tackling the redness and bumps later on. Exfoliate then Moisturize.

Stay away from tight fitting clothes. If you have gotten any type of body waxing then you want the skin to be able to 'breathe' so to speak, rather than be constricted. Not only can tight clothes irritate freshly waxed areas, weeks later, it can encourage the hair to grow back into the skin causing the ingrown hairs.