



*Great things come to those who prep!  
Here's a few tips and tricks to get the most  
out of your waxing experience.*

## Before your wax...

- **Check with your dermatologist** to be sure you aren't taking any medications that could get in between you and a great wax.
- **Grow your hair out** to at least 1/4 - 1/2 inch to ensure you get smooth results.
- **Exfoliate** to remove dead skin that may be blocking your hairs from coming to the surface.
- **Drink Water.** When you're dehydrated your roots try to hold onto the hair, making them harder to pull out.
- **Get Clean.** Sweat and dead skin complicate the hair removal process. If you can't shower prior, take advantage of the sanitary wipes we offer.
- **Take Ibuprofen** to help with any initial surface pain. Avoid aspirin as it may increase risk of bruising or excess pinpoint bleeding.
- **Check your calendar.** Be aware that redness and irritation can occur. Schedule at least 48 hours before a big event. And ladies, it's often best to get waxed before or after your monthly cycle to avoid sensitivities.

## During your wax...

- **Help us personalize your experience** by talking with your esthetician about your skin type, allergies, medications, and the results you are hoping to achieve. We don't know what you don't tell us!
- **Relax** and let your esthetician take care of you!



## After your wax...

- **Avoid the area** until the end of the day, and if you must touch, be sure your hands are clean.
- **Take a break from the gym** for 24 hours, and even the day after if your skin is still recovering.
- **Use sunblock.** Freshly waxed skin burns easily!
- **Air it out.** Wear loose clothing to your appointment to aid in your comfort, as well as avoid any chafing or rubbing of the area following your service.
- **Use a serum** 48 hours after your wax to prevent ingrown hairs. Ask your esthetician about this important step in your hair removal routine.
- **Rebook** 3 to 6 weeks out to catch the hair at just the right time.
- **Don't be alarmed** if you notice some redness or irritation as this can be common, especially for your first wax. With the proper preparation and aftercare, each wax will be better than the last! And remember, if you are concerned with your results, we are just a call away!

Visit us online to book at one of  
our convenient Austin Locations

[www.thewaxingstudio.com](http://www.thewaxingstudio.com)