

## AN INTIMATE SKIN STUDIO

Middlebury, Vermont  
802.349.6292

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

## Pre Wax Prep

Please bring a list of medications that you are taking to your appointment, and keep me apprised of any changes to your medications during subsequent appointments. There are several medications that contraindicate your waxing service. If you use any topical acne medications or other medicines that may thin or irritate your skin (ie: Retinol creams, benzoyl peroxide, medically prescribed exfoliants, etc.) you must STOP using them for a week before and a week after you wax.

**DO NOT TAN.** Don't get me started on all of the reasons not to tan (cancer, anyone?), but if you simply must tan, do it at least 48 hours before or after your wax. UV tanning can cause inflammation under the skin which increases your chance of having your skin lifted during your wax. Fake/spray tanning will come right off with the wax strip, so schedule your spray tan for at least 48 hours post wax.

**Please shower before coming in for your appointment.** We do realize that many people schedule their wax appointments later in the day, but please shower in the morning, and allow adequate time to freshen up with the wipes that are left in the bathroom.

**PLEASE DON'T SHAVE!** You're coming in for a waxing service, and if your hair is shorter than a grain of rice, then it's too short to properly wax! Shaving between waxes is also a no-no. This practice won't allow your hair to start growing in the same growth cycle, which will undoubtedly affect your results.

**Exfoliate!** Do you want the smoothest result possible? Then exfoliate the day before your waxing service. Lightly. We sell the Supracor mitt in the Studio. We love this mitt because it has a very gentle side and a more aggressive side, and it's anti-bacterial! Don't use a loofah - those things are disgusting bacteria factories! If you're in a pinch, you can always use a washcloth. Just remember - be gentle.

**Is this your first wax?** DON'T BE NERVOUS! That's easy for us to say because we're not the one getting all of their hairs ripped off with wax. We have literally waxed thousands of women, and can say with extreme confidence that it's never as bad as you imagine. Will it hurt? It won't hurt me a bit! All joking aside, yes. It hurts, but it's not the most intense pain you've ever experienced. We are very good at what we do, and you will never be rushed with your service. If you need a break to breathe, just let us know! The first wax always hurts more than the next waxes. Hang in there and in no time you'll be a pro!

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## Pre Wax FAQs

**Can I get waxed while I'm having my period?** **Yes**, you can. Just be aware that you may be more sensitive during your waxing service. Just wear a tampon and tuck the string in before you undress. If your string does come out, we will discretely tuck it back in with a waxing stick. You can take an OTC pain reliever about an hour before your appointment to minimize any discomfort.

**Can I get waxed while pregnant?** **First of all, check with your doctor.** If you are considered to be a high risk pregnancy it may be best for you to wait until after your little bundle of joy shows up. It's only 40 weeks, and it won't be long before you won't be able to see your lady garden anyway! If you do get the ok from your doctor, we have no problems waxing your lady bits. Keep in mind, blood flow to your vulva, labia & mons is MUCH greater during pregnancy, particularly during the last trimester, so you may be more susceptible to bruising. We'll do everything in our power to avoid this, but just know it can happen.

**Will I get ingrown hairs?** **Yes. No. Maybe.** Seriously, it really depends on YOU! If you are a ninja about exfoliating, moisturizing and fast treatment if an ingrown does pop up, you should be good. If you expect your bikini area to be super smooth without any work from you, we expect you may have some issues. The primary rule is DO NOT PICK! If you do get an ingrown, let us know! We will have suggestions for you and if it's a really deep one, come in and we'll extract it for you. We also have a vulvacial service for particularly stubborn bikini areas. We will cleanse, exfoliate, extract, masque and moisturize the mons for you.

**How do I transition from a shaver to a waxer?** **First of all, you'll need a little bit of patience.** If you're expecting to have a completely smooth bikini line or Brazilian area from month to month, you should probably continue shaving. We MUST have at least 1/4 inch of hair to wax – so about the length of a grain or rice, or about 2 – 3 weeks of growth between your last shave and your first wax. After your first wax it may take 2 – 3 cycles to get a completely smooth result, as your hairs are all growing on different cycles, and will therefore be different lengths; some long enough to wax, and some not quite long enough. We will tweeze as much as possible after your wax to give you the smoothest result, but time constraints will often become an issue. It is imperative that you NOT shave between waxes. Your hair will get finer and sparser the longer you wax, and we assure you that you will love how it looks and feels even with a little bit of fuzz growing back before your next scheduled wax.

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# Post Wax Instructions

## Exfoliate & Moisturize Daily!

If you think about the hair as a blade of grass that is struggling to emerge from the ground, extreme dryness and any packed leaves / debris will prevent the blade from efficiently bursting through the ground. It's the same for your hair! If you're gently exfoliating daily, you will be removing the dead skin cells that can build up and force your hairs to turn around and become ingrown - ouch! Moisturizing daily will keep the skin smooth & supple, and allow hairs to break through the top layers of skin easily. We even sell a post-wax cr me that slows hair growth - sweet! And we also have another post-wax paste to treat stubborn ingrown hairs. (Don't forget - don't use a loofah, as they are a hot house for bacterial growth - we will recommend a Supracor mitt for post-wax exfoliation.)

We recommend coming in for your waxing appointment every 4 weeks. This will ensure that your hairs all start to emerge at the same time, and it will be long enough to wax, but not too long and annoying. Repeated waxing will cause your hair to grow in more finely and sparsely. Yay!

For the first 24 hours post wax it is important that you keep the area clean and dry. No hot tubs. No swimming. No workouts. No sex. No touching (fingers are also bacteria factories). If you do get hot and sweaty before bedtime, definitely take a cool shower to keep everything fresh & clean!

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# Contraindications to Waxing

If you are taking ANY of the following medications  
**YOU CANNOT BE WAXED!**

Accutane (Acne medication) - You must be off this medication for a minimum of one (1) year prior to waxing.	Alustra (Retin A)	Renova (See Retin A)
	Avage (See Tazorac - Acne medication)	Retin A (Acne and Anti-aging medication)
	Avita (See Retin A)	Tazorac (Acne medication)
Adapalene (Acne medication)	Differin (Acne medication)	Tazarotene (See Tazorac)
	Isotretinoin (See Accutane)	Tretinoin (See Retin A)

**CAUTION:** If you are currently using any of the following, you must let me know. These products can thin the skin and make it more sensitive. Thin, sensitive skin is more vulnerable to lifting during waxing, and we don't want that!

### Other Acne medications not listed above:

- Bleaching agents for hair (used mostly for upper lip)
- Bleaching agents for pigmentation of skin (Hydroquinone, Tri-Luma)
- Previous chemical depilatories such as Nair
- Benzoyl Peroxide (ProActive)
- Alpha Hydroxy Acids (Glycolic, Lactic)
- Oral Antibiotics
- Topical Antibiotics
- Retinol
- Salicylic Acid
- Other exfoliants

Skin that has recently been sunburned, irritated or has areas with open wounds cannot be waxed. This is just asking for trouble!

Moles cannot be waxed. Don't ask me to. We will trim the hair close to the skin. Waxing over moles can cause trauma, and this trauma can cause inflammation, infection or damage to the follicle. We rather be safe than sorry!

You must wait a minimum of seven (7) days before waxing after a light chemical peel or Microdermabrasion.

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# Contraindications to Waxing

## You cannot be waxed:

1. if you have been in a tanning booth within 24 hours.
2. if you have had laser resurfacing within the past year.
3. if you have had a physician administered peel within the past two (2) years.
4. If irritation should occur, we recommend you use an antibiotic ointment such as Neosporin to keep the area continually moist to avoid infection and scabbing. If you have small hives or welts on the skin after your wax treatment, you are most likely experiencing a histamine reaction. A 1/2 tab of Benadryl (or equivalent) before your waxing appointment or a light application of hydrocortisone cream after your appointment can help. Please, consult your doctor before taking any medications, over-the-counter or otherwise. We are not doctors, we just know what has helped our clients when issues like this crop up.

## After Waxing Care:

Avoid the sun & tanning booths for 2 days following a waxing treatment. Extra precaution should be taken if using tanning accelerators. Wait 2-3 days to wax before/after tanning with accelerators.

No hot baths for 24 hours following a body waxing treatment.

No abrasives for 24 hours following a waxing treatment.

No deodorants for 24 hours following an underarm waxing treatment.

Women may experience extra sensitivity to waxing up to a week prior to the beginning of their menses.

Individuals with diabetes should ask their doctor before getting waxed, due to potentially compromised healing and sensation issues.