

BELLA AMORE BEAUTY

and medspa

WAXING AFTERCARE

- Moisturize the waxed area regularly, preferably with a cream containing antiseptic properties such as tea tree oil, aloe vera, & witchhazel, which also helps in alleviating irritation. Ingrown hairs are often caused by dry or flaky skin which trap the hairs and prevents them from growing through.
- Avoid using creams that contain heavy perfumes or made with synthetic ingredients. Witchhazel (without alcohol) is excellent to apply after a wax, as it can help soothe irritated skin, and help prevent breakouts due to its antiseptic properties.
- Exfoliate the waxed area a few times a week to get rid of dead skin cells. Allow 2-3 days after your wax to start exfoliating. The exfoliant needs to be grainy enough to have an effect, but not so harsh that it will irritate your skin or make it sore. In fact, over exfoliation or use of an unsuitable scrub will graze the skin and may actually cause ingrown hairs rather than prevent them.
- Optimal way to exfoliate is soaking in a tub of warm water for 15-20 minutes until the skin is softened a bit, then do a mild exfoliation. You get a much better exfoliation that way than if you were just going to do it in the shower, but exfoliating in the shower works also. Dead sea salts used as a bath salt can help prevent infections. There are also topical solutions that can aid in exfoliation. There are many on the market. Ask your esthetician for a recommendation of a topical ingrown hair prevention solution.
- Loofahs and exfoliating mitts can be used in the shower but these must be kept clean and dry.
- Avoid sun bathing, using tanning beds (and any other exposure to UV light), extreme heat (including hot baths, saunas, steam rooms) for 48 hours after you have been waxed.
- Try to avoid any activity, such as exercising, for 24 hours, as sweat on freshly waxed skin can cause a rash or breakouts. Other activities to avoid immediately after a wax would be massages, swimming, or wearing very tight clothing.