

Waxing Tips

To make the most of your wax, it's a good idea to prepare your skin before waxing. This will help ensure there are no unwanted reactions and that you get the perfectly smooth skin you're after. The same goes for waxing aftercare – armed with the right knowledge, you can get the most out of your wax for as long as possible.

How to prep your skin for a long-lasting wax at home

Waxing removes hair by the follicle. It removes the entire hair, which means that preparing your skin is essential to avoid waxing bumps and irritated skin. In our experience, a less-than-perfect waxing result is often the end stage of bad prep. Also, prepping your skin ensures that you can enjoy beach-ready skin for many weeks.

Allow the hair to grow – but not too long!

For the best (and most painless) results, your hair should be roughly 1/4 inch long before waxing so that the wax can grip and remove it easily. If the hair is too short, the wax will have a tough time sticking to the hair, and if it's too long it could make the treatment a little uncomfortable.

Exfoliate your skin

Gently exfoliate your skin with a body scrub and mitt 48 hours before your appointment. This banishes any dead skin cells that are clogging your pores. Exfoliation also helps to loosen any trapped hairs that could otherwise remain stubbornly attached during your treatment. It's best to do it a couple of days before so that you don't irritate the skin right before your wax.

Freshly washed skin is best

Before the wax is applied, make sure you have clean, freshly washed skin with no lotions. Oily skin can prevent the wax from adhering, leaving behind some stray hairs. Plus, by removing all traces of make-up and sweat from your skin, there will be less chance of irritation after the treatment.

Remember to dry your skin thoroughly with a clean towel, as wax won't stick to damp skin. We recommend washing your waxing area around an hour or so before the wax so that it will be completely dry for the treatment.

Waxing aftercare

The correct post-wax aftercare routine will minimize any tenderness or irritation you may experience after waxing. Here are our top waxing aftercare tips:

Calm your skin

Apply Aloe Vera gel to the skin for a cool, soothing effect. Aloe Vera will help to rehydrate the skin and reduce the appearance of waxing bumps. Another great soother is Tea Tree Oil, which

has antibacterial properties to ensure your skin remains free from infection. Don't use it by itself – instead, opt for a moisturizer containing tea tree oil.

Places to avoid

We recommend that you avoid gyms, saunas and steam rooms for at least 48 hours after your waxing treatment. Working up a sweat before the hair follicles have closed properly can lead to irritated skin. Similarly, stay away from sunbeds and UV exposure, as the heat can clog the follicles and cause redness and bumps.

Play it cool

After waxing, your skin may feel overly sensitive. We recommend having cool showers and that you avoid scrubbing or exfoliating the treated area for three days to give the skin time to settle. If you've had your underarms waxed, avoid deodorants for 24 hours post-treatment. Use only mild, unscented soaps and shower gels until your pores fully close.

Gentle exfoliation

Three days after your treatment, it's a good idea to gently exfoliate your skin to remove dead skin cells and avoid ingrown hairs. Use a body scrub designed for sensitive skin and rub softly in circular movements to prevent hair from becoming trapped under the skin as the follicles close.

Apply moisturizer

After exfoliating, follow up with a rich, nourishing moisturizer to further minimize ingrown hairs.

Plan your next wax

As part of your post-wax routine, **book your next treatment**. Regular waxing sessions mean that your hair becomes less dense, which results in less discomfort. It also slows the rate at which the hair regrows, keeping your body smoother for longer. Overall, a regular routine makes everything easier, and you won't need to remember when you're next due for a wax.

Our tips are not just for the ladies...

Waxing is becoming increasingly popular with men, with **42% of men saying they have removed hair from their underarms and 30% from their chest**.