



Caring For Your Back Post-Wax

Always know that when we remove hair from our body we are doing something physiologically adverse. We may love it but our skin does not so whether you have waxed before or not, it is common that you may experience inflammation in the form of redness and/or bumps for at most, one week.

The following steps will help ensure a happy, tempered skin that will be free of irritation.

Post Wax...

- Remain out of the direct sun, ocean and/or chlorine pools for at least 24 hours and/or as long as your skin is red.
- After a week or so, and definitely for 2 days preceding your next appointment it is important to stimulate circulation and exfoliate the skin by often using a long-handle brush. Avoid when skin is red or broken-out.
- Apply Skin Treat or pure organic aloe vera to your back and continue until all redness is gone.
- Immediately post wax (asap) take a cool shower without product only allowing cool water on skin to temper it. Let back air dry or use a clean towel to pat dry. Put on clean loose fitting cotton t-shirt.
- Sleep on clean sheets right after your treatment.
- If you use harsh commercial detergents and skin and hair care, please know you may experience irritation for a longer stretch of time.
- Avoid all alcohol or alcohol-based products on your back.

Feel free to call Get Waxed with any questions. If redness occurs for more than one week please look closer at the products and laundry detergents you are using. Most are made with harsh industrial chemicals and strong detergents that are very irritating to the skin, especially post wax when it is more vulnerable and sensitive.

Ingrown Hairs...

Do not make ingrown hairs angry by picking, squeezing, prodding and poking at them. They easily become so inflamed leaving the skin red for as long as you plan on picking at it. They easily turn into cysts and leave unattractive scars. The following is the only way and time to properly remove an ingrown hair.

- After a warm shower so skin is clean and the pore is open
- The ingrown hair is right on the surface of the follicle. It resembles a blackhead and there is absolutely NO REDNESS at all surrounding it
- Gently place each thumb around ingrown, roll fingers, rotate finger position, roll again and voila, the ingrown should pop out. If it is not literally this easy, it is not ready. Leave it alone!
- If there is any redness at all surrounding your ingrown hair(s) the goal at that time is not to remove it but to calm and pamper it. Also never use a brush on inflamed area. During this time apply cold compresses, organic Aloe vera or Skin Treat to your skin.