



Caring For Your Bikini 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 a few days. 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 and gently using a long-handle brush. Avoid when skin is red or broken-out.
- Apply *Skin Treat* or pure organic aloe vera to your bikini and continue until all redness is gone.
- Avoid intense and possibly irritating exfoliating products like salt and sugar scrubs on your bikini post wax.
- If needed apply organic lavender/tea tree essential oil to bikini as a spot treatment for ingrown hairs.
- Immediately post wax (asap) take a cool shower without product to allow cool water to temper skin. Pat skin dry with a clean towel and wear clean loose fitting cotton sweats and/or underpants.
- If you use harsh commercial detergents and skin care, please know you may experience irritation for a longer stretch of time.
- Avoid all alcohol or alcohol-based products on your bikini.

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 inflamed leaving the skin red for long periods of time and 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 is not to remove it but to calm and pamper it. Never use a brush on inflamed area and only apply cold compresses, organic Aloe vera or Skin Treat to your skin.