

the *Retreat*

Beauty & Tanning

Waxing Pre-treatment Tips and Advice

For best results hair needs to be 1/4" in length to ensure complete removal. Do not bath or shower immediately before waxing as this can cause skin irritation.

Please note that waxing over any tan will cause the tan to lift. Waxing is also not advised immediately after heat treatments such as a sauna, steam or ultra-violet treatment.

Please inform your therapist if you are using any of the following prescription drugs, as waxing is not recommended due to the possible side effects: Accutane, Retin-A, Alpha Hydroxy and/or Glycolic based drugs.

Try not to book in for your waxing treatment just prior to or during menstruation as this is when your body is at its most sensitive and the 'ouch' factor will be at its greatest!

If you are considering intimate waxing for the first time, please do not be embarrassed, therapist's are trained and have seen it all before and will do their best to put you at ease.

If it is your first wax, or you have not been waxed in this area recently, please prepare for your treatment by trimming the hair to less than 1cm (but leaving enough for the wax to hold onto). Waxing long hairs will hurt!
We have disposal paper thongs or, if you prefer, wear your own underwear.



Type of Wax. We use a combination of gentle crème wax applied with a spatula and taken off with a strip.

Waxing Aftercare Tips and Advice

- Best not to take a hot bath or shower for 24 hours after treatment as this will cause discomfort and irritation.
- Avoid soaps, deodorants, antiperspirants, talcum powder, perfumes, make-up or self tanning products for at least 24 hours after treatment.
- Do not expose newly waxed skin to direct sunlight (or sunbeds) for at least 24 hours. Avoid anything strenuous like exercise
- Do not wear tights or stockings or very tight fitting clothing that will touch the freshly waxed skin for at least 24 hours
- Exfoliate regularly after a wax. One of the hazards of waxing is in-grown hair, which can be difficult to prevent due to the random direction of hair growth.

Regular exfoliation will help and applying our Katherine Daniels Post Depilation Concentrate (£24) will inhibit hair regrowth and reduce ingrown hairs.

The Retreat, Beauty Hair & Tanning
2 Queen Street, Belper, Derbyshire
☎ 01773 599 000
www.theretreatderbyshire.com

