



## WAXING PRE AND POST CARE INSTRUCTIONS AND WHAT TO EXPECT DURING YOUR APPOINTMENT

### PRE CARE

**GROW OUT:** Hair 1/4-inch-long (length of a rice grain or eyelash)

**TAKE:** A pain killer

**DON'T:** Wax 5 days before or after your menstrual cycle

**WAX:** At least three days before swimsuit-time

**KNOW:** What shape to ask (Brazilian, bikini full, etc.)

**WEAR:** Loose, fitted clothing that's not black (baby powder gets everywhere)

**EXFOLIATE:** Before your appointment

### POST CARE

For the next 24-48 hours avoid the following:

**DON'T:** Workout right after (tender skin can chafe)

**AVOID:** sexual activity if waxed in this area

**NO:** Saunas, hot tubs or steam treatments

**NO:** Swimming in pools or lakes

**WEAR:** Clean, loose fitting clothes

**AVOID:** Getting a massage

**KEEP:** The waxed area cleaned

**APPLY:** Lycon X ingrown hair serum 24 hours after getting waxed

**DO NOT:** Shave between appointments. Re-schedule every 3/4 weeks

