

Just Pampered Mens Back and Chest Waxing Pre and Post Treatment Guidance

Pre Treatment

- ✓ Do not shave or use other methods of hair removal prior to the treatment.
- ✓ The hair should ideally be the length of a grain of rice
- ✓ Ensure the skin is clean and dry
- ✓ Avoid applying body creams and deodorants to the area you wish to remove hair from, as this may form a barrier and lead to less effective results
- ✓ Where possible wear light or cotton clothing to avoid irritation

What happens during treatment?

You will be taken through to the treatment room to get comfortable on the couch. We will leave you to undress in private and the therapist will explain exactly what to do. They will ask you to remove T shirt and top half, loosen belt on trousers but you may keep jeans/trousers on. You will be provided with a towel to tuck in to your waistband to protect your clothing.

Once the skin is prepped, we will apply the wax and remove with the strips in sections. The treatment may feel slightly uncomfortable but the sensation is momentary and the whole treatment is over fairly quickly. After the treatment, we apply an after wax lotion to the area to soothe the skin,

Post Treatment

- ✓ Avoid hot showers, baths, jacuzzi, sauna and steam for 24 hours
- ✓ No sunbathing or sunbeds for a minimum of 48 hours
- ✓ Avoid touching the treated area for 2-4 hours
- ✓ You may experience a redness to the skin. This is known as erythema and is completely normal. The effects will subside within a few hours
- ✓ Alongside erythema the area may also feel warm, which is also completely normal and will subside fairly quickly
- ✓ Do not apply any deodorant, creams or aftershaves to the area for 24 hours
- ✓ If you experience any form of irritation, apply a cold compress to the area to soothe the skin
- ✓ After 2-3 days use a soft buffing mitt or glove to gently exfoliate the area and reduce the chances of ingrown hairs. Repeat every 2-3 days.

"How long will the wax last before the hair grows back?"

If it is your first wax or first visit in a while, you will notice some growth after a couple of weeks due to the naturally staggered hair growth cycle. This growth is usually less than a third of the overall hair growth. With regular waxing appointments, the regrowth will come through between 3-6 weeks and you can rebook accordingly to suit your own growth.