

Just Pampered Hair Removal Pre and Post Treatment Guidance

Warm Waxing Pre and Post Treatment Guidance

Pre Treatment

- ✓ Do not shave or use other methods of hair removal prior to the treatment. For body waxing 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
- ✓ For bikini waxing, wear comfortable, cotton underwear
- ✓ During facial waxing it is best not to wear make up but if you do arrive with foundation on we will need to remove from the area to be waxed.
- ✓ Please be aware if you have fake tan on the wax will remove it. Please wait until after (minimum 24 hours after) the wax treatment to apply fake tan.

What happens during treatment?

We have two kinds of wax here at Just Pampered; the warm strip wax and the hot non strip sensitive wax for intimate areas. The warm wax is tea tree based for antiseptic benefits and is used on large areas, for example legs.

Once the skin is prepared, wax is applied to the area. We then remove the wax with a paper strip, which pulls the hair from the root, leaving a smooth finish. 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 soothe the skin and you are left in private to get dressed.

Please note if this is your first wax on this area or if the hairs are too short, you may find not all the hairs will be removed and that it takes a couple of regular wax visits to synchronise hair growth.

Post Treatment

- ✓ Avoid hot showers, baths, jacuzzi, sauna and steam for 24 hours
- ✓ No sunbathing or sunbeds for a minimum of 48 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
- ✓ Do not apply any lotions or perfumes to the area for 24 hours
- ✓ Avoid applying makeup to the area for a minimum of six hours
- ✓ Fake tan should not be applied until the next day
- ✓ Avoid wearing tight clothes for the remainder of the day as it may irritate the skin

Will it stay smooth for my holiday?

If hairs have experienced other methods of hair removal (for example shaving), it could take a while for the hairs to grow in the same cycle and provide a smooth result for longer. For example, if you usually shave weekly, but grow your leg hairs for a wax, it will all depend on how long the hairs have been left to grow and whether they are all long enough to be waxed. What you may find during your first wax is that most hairs are removed, at the root, and will therefore take 3-6 weeks to grow back through. Some hairs, though, may be too short to wax or be just coming through, so over the first couple of weeks you will notice these hairs growing through.

It could take a few wax cycles to train all the hairs to grow together and therefore be removed together and provide a longer result, therefore we recommend at least 2-3 waxes leading up to a holiday or event.

Just Pampered Intimate 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
- ✓ Wear comfortable, cotton underwear

What happens during treatment?

We have two kinds of wax here at Just Pampered; the warm strip wax and the hot non strip sensitive wax for intimate areas. You will be given a consultation in the treatment room to discuss which intimate wax you would like; from Brazilian, Playboy or Hollywood. Your therapist will take time to answer any questions you have. You will then be left alone to get on to the treatment bed with a towel over your lap and the choice of disposable knickers or to keep your own on.

The strip wax is only used on the upper thigh and outer bikini areas, while the hot wax is used on all intimate areas.

Once the skin is prepared, wax is applied to the area in small sections before it is removed one section at a time. As it is removed, the hair is pulled from the root leaving a smooth finish. The treatment may feel slightly uncomfortable but the sensation is momentary and the whole treatment is over fairly quickly. After the treatment, we give you aloe vera gel to apply to soothe the skin, then leave you in private to get dressed.

Please note if this is your first wax on this area or if the hairs are too short, you may find not all the hairs will be removed and that it takes a couple of regular wax visits to synchronise hair growth.

Post Treatment

- ✓ Avoid hot showers, baths, jacuzzi, sauna and steam for 24 hours
- ✓ No sunbathing or sunbeds for a minimum of 48 hours
- ✓ You may experience redness to the skin. This is known as erythema and is completely normal. The effects will subside within a few hours
- ✓ Do not apply any lotions or perfumes to the area for 24 hours
- ✓ Avoid applying makeup to the area for a minimum of six hours
- ✓ Fake tan should not be applied until the next day
- ✓ Avoid wearing tight clothes for the remainder of the day as it may irritate the skin

Facial Threading Pre and Post Treatment Guidance

Pre Treatment

- ✓ Do not tweeze or use other methods of hair removal prior to the treatment.
- ✓ Ensure the skin is clean and dry. It is best not to wear make up but if you do arrive with foundation on we will need to remove from the area to be threaded.
- ✓ If you are looking to achieve a complete reshape for your brows, please leave them as long as possible so we have something to work with
- ✓ If you are considering a tint to go alongside a brow thread, please also arrange a patch test

What happens during treatment?

You will be taken through to the treatment room to get comfortable on the couch. Once the skin is prepped, we remove the hairs with the thread. It is the loop in the thread that twists and pulls the hair from the root. You will be shown where to hold or what facial expressions to pull to assist the treatment along with minimal discomfort. 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 aloe vera gel 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
- ✓ Do not apply any lotions or perfumes to the area for 24 hours
- ✓ Avoid applying makeup to the area for a minimum of six hours
- ✓ Fake tan should not be applied until the next day
- ✓ If you experience any form of irritation, apply a cold compress to the area to soothe the skin

“What is the difference between facial threading and facial waxing?”

It mainly comes down to client preference. Some people prefer the sharper finish on the brows that can be achieved with threading. In general threading is ideal for heat sensitive areas or those who go red easily after waxing because with threading there is no heat or any products involved. Some clients prefer the speed of waxing. Both methods remove hair from the root, so the finished result would last a similar time frame. However, some clients do feel threading lasts slightly longer on their skin, mainly because it can pick up smaller, finer, shorter hairs that may be missed through waxing.