

Your Waxing Aftercare Guide

Smooth skin, happy you! You've just had a waxing treatment, and now it's time to give your skin a little extra care. Follow these simple aftercare tips to keep your skin calm, smooth, and irritation-free.

Heat & Hot Water:

- Avoid hot showers, baths, saunas, and steam rooms—your skin needs a break. Stick to lukewarm water when washing.

Sun & Tanning:

- Your freshly waxed skin is more sensitive than usual, so keep it out of direct sunlight and avoid tanning beds. If you have a holiday coming up, plan your waxing a few days before traveling to allow your skin to settle.

Sweat & Friction:

- Skip intense exercise, gym sessions, or anything that causes excessive sweating. Open pores can trap sweat, leading to irritation. Opt for loose, breathable clothing to prevent discomfort.

Perfumes & Products:

- Steer clear of deodorants, perfumes, lotions, and body sprays on the waxed area for at least 24 hours. Stick to gentle, fragrance-free moisturizers to keep your skin hydrated.

Hands Off!:

- Try not to touch the waxed area unless you've just washed your hands. Your skin is more prone to bacteria after waxing, which can lead to irritation or breakouts.

Special Care for Different Areas

Leg Waxing:

- Wearing a skirt or loose-fitting trousers can help your skin breathe and reduce irritation.

Bikini & Intimate Areas:

- Allow at least 24 hours before engaging in intimate activities to prevent discomfort.

Preventing Ingrown Hairs

Exfoliation is Key:

- Start gently exfoliating three days after your wax and continue twice a week. This helps prevent ingrown hairs and keeps your skin looking smooth.

Moisturise Daily:

- Hydrated skin makes hair regrowth softer, making your next wax more effective and comfortable.

Need Extra Help?:

- If you're prone to ingrown hairs, our Aloe Clear Serum (available in the salon) can help soothe and prevent them.

Regrowth & Keeping Up the Results

Your Next Wax:

- You may notice a small amount of hair growth after a week or so, but consistent waxing helps synchronize your hair growth cycle for the best results. It may take up to four sessions to fully align the cycle.

Not Shaving Between Waxes:

- Shaving between appointments can interfere with your waxing routine, so let your hair grow to at least **0.5 cm** before your next session.

Best Routine:

- For long-lasting smoothness, schedule your waxing every **4-6 weeks**.

Got Questions? I am Here to Help

A little redness, bumps, or tenderness after waxing is completely normal and should settle within **24-48 hours**. If anything doesn't feel right or you have any concerns, don't hesitate to reach out.

Email me at welbeing@alisonblackburn.co.uk - I are always happy to help!