

# WAXING TREATMENT CARE

## BEFORE YOUR TREATMENT

- Let your hair grow out at least 0.5-1 cm (grain of rice). This will guarantee the most effective treatment.
- Gently exfoliate your skin before your appointment.
- Worried about sensitivity? Take a couple of Panadol an hour before your appointment. Needless to say, don't go overboard but it's not as bad as you think.
- Before and after your appointment, hold off getting that bronzed look from the sun or a tanning bed.
- The appointment lengths are an estimate. If you are scheduled for a 45 minute treatment, it does not necessarily mean it will last 45 minutes. Believe us, we want to make it as quick and painless for you as possible.

## AFTER YOUR TREATMENT

### What is normal?

Slight tenderness, small bumps and some redness are all common and perfectly normal temporary reactions after a wax, especially if it is your first time, and should subside within 24 hours. You may notice a small amount of regrowth in the first week or so. Bare in mind it can take up to 4 treatments for your hair to get into a growth cycle that gives you best results. We recommend you come in every 4-5 weeks.

- For the first 24-48 hours, keep those follicles squeaky clean!
- Don't wear tight or synthetic clothing to avoid friction on the area.
- Don't exercise or do anything that will cause perspiration - including swimming in a chlorinated pool.
- Don't use spas, saunas, steam rooms. No hot showers or baths.
- Don't use sunbed, fake tan or expose the area to the sun.
- Don't use perfumed body wash, oils, moisturisers or sprays other than those recommended by your waxologist.
- Don't touch the area.
- Don't use harsh soaps, AHAs, deodorants, perfumed products.

### Until your next wax:

- Exfoliate with the Riffi mitt daily to avoid ingrowns and keep skin smooth.
- Moisturise daily.
- Don't pick or squeeze.
- Don't shave.

If you have any questions or concerns, please contact us on 0800 633 066 or email your local OFF & ON branch.  
[www.offandon.co.nz](http://www.offandon.co.nz)

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