



Pre-Treatment Instructions for Waxing

Waxing is an intimate experience, but one that is gratifying to many. At Almond Aesthetic Medicine we want your body waxing experience to not only be the absolute best but for you to achieve results. It is recommended that you come in every 4-6 weeks. Doing this will allow your skin to acclimate to waxing, slow your hair growth, and maintain better results between treatments.

Pre-Waxing Care:

- **Personal hygiene rules:**
 - Please bathe and or freshen up before your Brazilian, bikini, or body wax treatment.
- **Skip the lotions and potions:**
 - Do not apply self tanners, body sprays, deodorants and other topical creams before your appointment.
- **Let it grow out:**
 - If you have been shaving, allow a minimum of 2-3 weeks or ¼ inch of hair growth.
- **Schedule your wax 2-3 days before the beach and poolside jaunts if you plan to sunbathe.**
- **Avoid heat.**
- **No tanning beds, hot tubs, and saunas before your appointment.**
- **Exfoliate:**
 - Exfoliating the area gently 24 hours before your appointment will remove the dead skin cells and allow for a cleaner wax.
- **Keep Calm:**
 - Come early and enjoy our relaxation room and complimentary beverages at our drink bar
 - If you request numbing please let our Esthetician know and we will provide a complimentary application of numbing cream before your Brazilian.
- **Be comfy:**
 - Wear loose comfortable clothing to prevent irritation after waxing.

826 Main Street, Klamath Falls, OR, 97601

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Post-Treatment Care Instructions for Waxing:

Care: Everyone reacts differently to waxing. If this is your first time, it is important to take precautions.

- Heightened sensitivity may be experienced in the area waxed for the next 24-48 hours.
- Avoid heat. No tanning, sunbathing, hot tubs, or saunas for 48 hours after your treatment. Since a layer of dead skin cells has been removed, sun and or heat exposure can burn the skin.
- No hot baths or exercise for 2 hours following your treatment.
- Apply a cold compress to soothe the skin if you experience sensitivity or irritation after your treatment. Hydrocortisone cream also reduces the redness and irritation following your treatment.
- Exfoliate daily 48 hours after your treatment. We offer a nice selection of exfoliating products to help you maintain your wax and eliminate ingrown hairs. Try our ingrown hair/breakout serums or ask your Esthetician for any products that they may recommend.

If your skin is sensitive, body waxing may result in minor breakouts. Waxing causes the temporary enlargement of the hair follicles that can allow bacteria residing on the skin, to enter the enlarged follicles and cause skin infections. If an infection is noted, it should be evaluated and treated by a doctor as soon as possible. That is why it is important to take proper care of your skin following a wax treatment.

At Almond Aesthetic Medicine, all instruments are sanitized and we enforce a strict “no double dipping” policy, meaning that we never dip the same applicator in the vat of wax once it has been used.

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