
Paula's Pampering

Bikini Waxing – FAQs and General Information

Q: Should I keep my Underwear on?

A: Yes, it is not necessary to take off your underwear but you'd be better off with an old pair of knickers as some residue wax may touch and stain them.

Q: What are the contraindications for a Bikini Wax?

A: You should not get a bikini wax if you are diabetic, suffer from psoriasis or other skin conditions, or if you take Retinol or Accutane. If you are unsure, ask your Doctor whether you can go ahead with a wax.

Q: Will it hurt?

A: Aestheticians usually recommend that you not get a wax when you are menstruating or pregnant, as sensitivity to the pubic area is usually increased at this time. Additionally, you may want to take ibuprofen or aspirin an hour before the wax to cut down on pain. Waxing does hurt, but how the wax is performed can make it hurt less.

Q: What do I need to do to Prepare?

- 1) The hair needs to be at the right length, between $\frac{1}{4}$ and $\frac{1}{2}$ inch in length is best. You can trim it before your appointment with scissors or a trimmer
- 2) You should avoid tanning or swimming in the 24 hours before the treatment
- 3) For hygiene reason, it is very important to wash the area just before the treatment

Q: How long does Brazilian bikini waxing take?

A: Depending on the density of the hair growth, your waxing appointment will take between thirty minutes and one hour.

Q: How long will the results last?

A: After a client's first waxing, the results can last 3 to 6 weeks depending on the individual's hair re-growth rate. In most cases, hair growth is minimal during the first week or two and noticeably increases in the third and fourth week.

Q: What are the possible side effects of waxing and how can they be minimized?

A: Although we cannot predict or guarantee who may react, most clients do not experience reactions beyond redness and minor irritation. Hair may break at the root during waxing, causing some hairs to grow out faster. Please follow these guidelines to minimize irritation and possible break outs.

- Avoid the sun immediately after waxing and please wear sun screen; recently waxed areas are prone to hyperpigmentation (permanent darkening of the skin) if exposed to the sun.
- Avoid heavy exercise for at least 24 hours after waxing.
- Avoid saunas, steam rooms, whirlpools and other heated sources for at least 48 hours.
- Do not use exfoliating products (AHAs, scrubs, etc) and loofas for at least 24 hours after waxing as they might further irritate your skin.
- Avoid tight clothing after waxing, especially in the waxed areas. Tight clothing may result in irritation and ingrown hairs
- Regular exfoliation may be helpful to remove dead skin so your hairs can get out above the surface of the pores and not become ingrown.
- Routine waxing helps the skin get accustomed to the procedure and may minimize irritation
- Unfortunately, no hot baths or showers for around 10 hours after a treatment. While your pores are open, they are vulnerable to irritation by the extreme temperatures and infection by bacteria.