

Pre-Waxing Tips For Men

- It is best to leave your hair as long as possible before waxing. The longer the hair, the easier it is to grab. If your esthetician feels that trimming is needed, she will do so during your appointment.
- Avoid perfumes and body scrubs the day before your appointment.
- We are not medical professionals, but we recommend taking a mild painkiller such as Ibuprofen 30 minutes prior to your appointment (as long as it does not contradict your physician's instructions).
- We recommend waiting 3-5 weeks between waxing appointments. This allows the hair to grow to the recommended length of 1/4" and takes into account that each hair follicle has its own growth cycle. Waxing more frequently may not give all of your hair sufficient time to grow out.
- If you have a special occasion coming up, we recommend waxing 1-2 days prior to ensure that all bumps, redness, etc. have dissipated.

Post-Wax Skincare For Men

- Exfoliate, exfoliate, exfoliate. Exfoliating helps remove dead cells and oils from the surface of the skin so that hair is able to grow back with minimal irritation. *NOTE: Do NOT use exfoliating products for 1-2 days after waxing.*
- To soothe and protect the skin, apply a moisturizing lotion every day.
- Avoid wearing tight clothing in waxed areas immediately after waxing as this may result in irritation and ingrown hairs.
- Avoid antiperspirants and deodorants for 24 hours following an underarm wax.
- Do not remove hair (especially by shaving) between appointments. If there are stray hairs that you wish to remove, tweezing is the best option.
- Avoid immediate exposure to the sun after waxing and wear sunscreen as recently waxed areas may be prone to hyper-pigmentation.
- Avoid tanning booths and accelerators for 2-3 days after waxing.
- Avoid strenuous activity and exercise for 12 hours after waxing.

- Avoid saunas, hot baths/tubs, and other heated sources for 48 hours.
- Your skin will normally be slightly red after your waxing service. For most people, redness is mostly gone after 30 to 60 minutes.
- Some slight soreness and small bumps are common and temporary reactions to waxing. These symptoms should subside within 24 to 48 hours. We apply a topical soothing and anti-bacterial solution at the end of your service to help minimize these side effects. Should irritation continue, we recommend that you use an antibiotic ointment such as Neosporin to avoid infection and scabbing.
- If you experience a histamine reaction during your waxing service, we will apply a topical solution to reduce the small bumps. They generally will be gone within 24 hour of your waxing service. At your next appointment, we recommend taking an OTC allergy relief medication like Benadryl (if it does not contradict your physician's instructions) prior to the appointment.
- If you are prone to ingrown hairs, we recommend a topical solution such as PFB Vanish to minimize the chance of having ingrown hairs after your service.