

# WAXING BY CARIANN - Q&A BRAZILIAN/BIKINI/BODY WAXING

## 1. THIS IS MY FIRST WAXING EXPERIENCE, WHAT SHOULD I KNOW?

The first time you wax we will be removing 100% of the hair so it will be 100% sensitive. When these thin hairs regrow; let's say in 3 weeks, you will have less than 50% of regrowth thus making the sensitivity decrease roughly by 50%. Hair follicles are immature at 3 weeks causing permanent damage to the follicle resulting in no hair! Sticking to a 3 to 4-week maintenance regimen will improve your waxing experience and hair loss overtime. Individual results vary.

## 2. WHO CAN'T GET WAXED?

If you have any medical condition such as Diabetes, chronic kidney or liver disease, skin conditions such as eczema or psoriasis, or a weakened immune system, waxing should be avoided. Those with a history of anxiety or panic attacks should not wax until those conditions are treated by a professional. Aged skin may also be more delicate, and for liability reasons, we have to refuse service for anyone over the age of 70. If you are under the age of 18, you will need parental consent and you must be accompanied by at least one parent during your first appointment.

## 3. I'M GETTING A BRAZILIAN. WHAT IF IM MENSTRATING OR IM PREGNANT DURING AN APPOINTMENT?

Being in the beauty and health care industry has prepared me to be able to service everyone. If it's your "time of the month," feel free to come in with a tampon. Please understand that the long-term use of menstrual pads and pantliners may cause your skin to be broken down and this may result in skin sensitivity after your service. If you are pregnant, waxing is permitted however, if there are any complications (varicose veins near the labia, etc.) or you are at high-risk, it is safer for you and your unborn baby to avoid waxing. If at any time during a service you feel fatigued, dizzy or light headed, please inform me. Menstrual cycles and pregnancy may increase skin sensitivity and bruising.

## 4. WHAT TYPES OF WAX DO YOU USE?

I use soft-wax the one commonly used with a strip since it is best for removing fine hair, coarse hair and hair in a larger area. I also use Hard-wax which has a no strip application, does not affect the skin and is only best for very coarse hair, short hair, or sensitive skin. It does not remove fine hairs so using hard-wax over the same area more than once is common. During Brazilian waxing, both waxes are used in order to provide quick, efficient and safe waxing experience. Ingredients in the waxes include: Glyceryl Rosinate, Triethylene Glycol Rosinate, Beeswax, Ethylene Copolymer, Euterpe Oleracea Fruit Oil, Lanolin, Fragrance, Azulene, Colophonium, Dipropylene Glycol, Diabenzonate.

## 5. SHOULD I MEDICATE BEFORE THE SERVICE?

Medicating with Ibuprofen (Motrin/Advil) or Acetaminophen (Tylenol) 30 Minutes prior to the service is not needed, however you may do so at your own discretion. The use of topical anesthetics is not recommended because it creates an oily barrier and makes it difficult to remove the hair. I teach a simple technique that will help sensitivity and ease your anxiety. Your trust and your comfort is my #1 priority!

## 6. ANY AFTER-CARE ADVICE?

1. Cleanse with antibacterial soap & water to remove product residue within one hour.
2. If your skin feels raw or extremely sensitive please apply a very thin layer of topical antibiotic [Bacitracin or Neosporin with pain reliever] on the area twice a day for two days.
3. Avoid any other products that may cause irritation to the skin.
4. Please refrain from working out, intercourse, ocean, pool, jacuzzi, soaking bath water for at least 48hrs or until tenderness subsides.
5. Take showers only and minimize chaffing in the bikini area. Keep the skin clean to breathe. Do not use lotion. Loose cotton underwear or going nude is best.
6. Most importantly, thoroughly **EXFOLIATE** the front area with the Salux Japanese washcloth daily!  
Avoid scrubbing the rear and labia area.

7. I DEVELOPED BUMPS AND IN-GROWN HAIRS WITH SHAVING, SHOULD I EXPECT THE SAME WITH WAXING?

Razor bumps most common after shaving are not common with waxing since we are not using a razor. However, in-grown hairs can develop with any hair removal technique and they look like swollen raised bumps and can be quite uncomfortable to the touch. To reduce the amount of in-grown hairs related to waxing, exfoliating with a rough Nylon washcloth (Recommended: SALUX Japanese washcloth) everyday may help. In-grown hairs develop as our seven layers of skin build and shed daily. Growing hairs, especially curly hair, have a difficult time breaking through the smooth skin so exfoliating regularly helps the skin to breathe. Sometimes bacteria may enter open pores and hair follicles, this also causes pimple-like bumps. It is important to keep the area clean to breathe so avoid any types of oils or lotions. You be may at risk for these types of bumps if you wear swimsuits, non-cotton underwear, pants or workout clothing often.

8. I READ ABOUT IT BLEEDING, IS THIS NORMAL?

Hair follicles, especially those that are larger and deeper, tend to bleed slightly. It stops bleeding after a few minutes and shouldn't give you any worries by the time you leave your appointment. If bleeding is prolonged or if you have any bleeding disorders it is very important to let me know before we begin the procedure. Bruising may also appear during our procedure which is common, especially when pregnant.

9. WHAT SHOULD I LOOK OUT FOR IN THE NEXT FEW DAYS?

If this is your first time waxing or the first time in a long time, your skin may feel like you have a sunburn. It could feel warm, tingly, and a little sensitive to touch but never uncomfortable or painful. One of the most important things I promise with Brazilian waxing is to ensure there is no double dipping of the wax sticks. We do not want to contaminate or transfer any bacteria or viruses to other clients. Waxing is done with a "clean technique" but is not considered sterile; chance of infections are reduced drastically when service providers do not double dip.

Signs of an infection include but is not limited to; swelling and redness that doesn't go away or gets worse, pus, fever and signs of malaise. Infections should be treated with antibiotics and if it does not improve or gets worse, please contact your health care provider.

Allergic reactions from products will be prominent within a few hours of waxing and signs include but is not limited to; swelling, redness, bumps and itchiness to the site. Allergic reactions can improve greatly with over-the-counter Benadryl cream, if it doesn't improve within 3-hours of application please seek medical help for topical steroidal cream. Apply to the area as directed, please inform me, and seek medical advice if problems persist or gets worse. Allergic reactions are very serious and if you have trouble breathing, call 911 immediately.

IF THERE ARE ANY OTHER QUESTIONS OR CONCERNS PLEASE FEEL FREE TO CONTACT ME. EVERY CLIENT IS DIFFERENT AND EVERY RESULT WILL VARY. I FOCUS ON PROVIDING PROFESSIONAL AND SAFE SERVICES TO ALL CLIENTS. PLEASE DO NOT HESITATE TO INFORM ME IF THERE WERE ANY PROBLEMS WITH YOUR SERVICE. I AM ALWAYS LOOKING TO IMPROVE AND PROVIDE THE BEST SERVICE TO YOU. THANK YOU FOR YOUR UNDERSTANDING.

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