



## **Pre & Post Sugar/Wax Home Care Instruction Sheet**

It is extremely important to read these cautions before getting a service.

Please be aware that sugaring deeply exfoliates the skin.

\*Sunburned, irritated or areas with open skin cannot be sugared

\*Moles cannot be sugared however we can sugar around them

\*You must wait 7 days before sugaring after a light chemical peel or microdermabrasion

\*Sugaring cannot be performed if you have been in a tanning booth the same day

\*Sugaring cannot be performed if you have had laser skin resurfacing within the past year

\*Sugaring cannot be performed if you have had a physician administered peel within the past 2 years

\*No sun/tanning booths for 2 days after a sugaring treatment. Extra precaution should be taken if using tanning accelerators. Wait 2-3 days sugar before/after tanning with accelerators. Of course, we always recommend the use of sunscreen for sun exposure.

\*Woman may experience extra sensitivity to sugaring up to a week prior to the beginning of their period.

### **YOUR FIRST 3 APPOINTMENTS ARE THE MOST IMPORTANT**

**To see the best results, it is important that your first 3 sugaring sessions be booked no more than a month apart.** These appointments will be the most effective at softening & reducing hair growth. After 3 consecutive treatments your overall hair density will be lowered.

If you are considering sugaring in preparation for a specific event (wedding, summer season, vacation) it is optimal that you book your appointments monthly 6-9 months before. This will give you the best results. Sugaring treatments done regularly lead to less painful treatments, & more thorough removal of hair. It allows slower growth & it can lead to permanent reduction of growth.

### **PRE CARE INSTRUCTIONS:**

- \*Please do not apply cream, lotions, or deodorant to the area being sugared the day of the appointment
- \*For best results, do not exfoliate the day before, the day of, or the day after
- \*Do not use razors or depilatory creams between treatments, as this will interfere with your goal to refine & diminish hair growth, and to have smooth, healthy skin
- \*Remember extraction of the hair at 1/8" or less on a regular basis leads to permanency
- \*Avoid direct heat such as hot baths, or sun tanning the day of your treatment
- \*If you're new to body sugaring or you haven't been sugared in a while, stop shaving or using any other method of hair removal 2-4 weeks before your service.

### **POST CARE INSTRUCTIONS**

- \*I recommend waiting 24 hours before exposing your skin to the sun, tannings beds or infrared lamps
- \*To avoid irritation, keep the skin clean & free of harsh lotions or products for 12hrs.
- \*Do not exercise immediately following treatment
- \*No hot baths or showers for 24 hours following a body sugaring treatment
- \*No abrasive or exfoliating for 48 hours following a sugaring treatment
- \*Slight pinking of the skin is normal & should disappear within a few hours
- \*To avoid irritation, keep the skin clean and avoid perfume soaps, deodorant or products with chemical irritants
- \*After 48 hours you can begin to exfoliate 2-3 times a week in the shower or bath. Exfoliation promotes circulation & most importantly, frees the skin of excess build-up which often results in ingrown hair.
- \*Regularly cleanse & hydrate your skin. This will ensure your skin is in the best possible condition before & after treatment
- \*To get best results from sugaring, its best to remove hair during the Anagen stage(1<sup>st</sup> stage of hair growth). This is typically 3-4 weeks after your last appointment, but can vary from person to person.
- \*Enjoy your silky smooth skin!

**Jamie Wirkus, Esthetician, Cosmetologist, Esthetician**

Phone: 715.680.0487 Email: [Jamie@spafleurishe.com](mailto:Jamie@spafleurishe.com)

Hours: Tuesday-Saturday By appointment only

2724 Stewart Ave., Ste A Wausau WI 54401