

# Spartan Envy Pre and Post Care

To get the most from your waxing treatment at Spartan Envy Male Waxing London, it's important to follow our pre and post wax care directions. This will ensure that your waxing experience achieves excellent results.

Pre-waxing care:

## **No hair removal creams or shaving for three weeks before your appointment.**

We want the best results right? Hair has to be 4 mm in length to be waxed. Longer if you are still a rookie waxer as your roots are likely to be thicker and quite content in their root bubble.

## **No chemical exfoliants (AHA or BHA products) for 48 hours prior to waxing**

These products can thin the outer layer of the skin and make the skin more sensitive to trauma.

## **No sunbathing, sunbeds or heat treatments for 24 hours beforehand**

Sunbedding makes your skin more sensitive and you run the risk of skin lift.

## **Exfoliate**

Do use a body scrub or mitt to gently exfoliate the skin a few days before waxing. This helps to slough off any dead skin cells and lifts the hair for better results.

Post-waxing care:

**Some slight soreness, small bumps and redness are common and perfectly normal temporary reactions, especially if this is your first wax. This should settle over the next 24-48 hours, but please get in touch if you have any questions or concerns. Keep the waxed area clean and avoid heat and friction during the next 24-48 hours.**

## **No hot baths, showers or saunas (cool to lukewarm water only)**

Hot water can also further irritate the skin.

## **No tanning (sunbathing, sunbeds or fake tans)**

Post waxing leaves you open to stinging, tan getting into your bloodstream unnecessarily, as well as a 'tattooed' follicle effect!

## **No sport, swimming, gym work or other vigorous exercise**

Your follicles are wide open therefore more susceptible to bacterial infection. Working out causes a load of friction on the skin, which can also increase the chances of ingrown hairs.

## **No scratching or scrubbing the treated area**

The waxed area is likely to be inflamed. So leave it alone! :)

## **No sexual activity after intimate waxing**

Your pores will be open and more susceptible to bacteria.

**No deodorants, body sprays, powders or lotions on the waxed area, other than those products recommended by your therapist**

**Do wear clean, loose-fitting clothes**

Opt for loose-fitting clothes where possible after your waxing session to avoid excess friction, particularly after intimate waxing.

**Do apply an antiseptic cream regularly for the next few days, to soothe and protect the skin. Always wash your hands before applying any product**

**Preventing ingrown hairs**

Starting a few days after your appointment, gently exfoliate the skin up to three times per week, using a body mitt, brush or scrub. Moisturise the area every day to keep the skin supple and help new hairs to grow through normally.

**Your next appointment**

The first few times you get waxed, you might notice a small amount of regrowth after a week or so. It can take several treatments for your hair to get on a cycle that gives the best results. Hair needs to be at least ½ cm long for us to wax, so please do not shave, tweeze or use hair removal creams between appointments. To maintain your smooth appearance, we recommend regularly waxing every 4-6 weeks.