

This document is designed to provide information about Waxing for hair removal, its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

Full Body Waxing for Men & Women | Slower & Finer Hair Re-growth | Hygiene Standards / No Double Dipping | Smooth & Improved You

The Procedure: Waxing is an effective, yet temporary, method of hair removal, that removes the hair at the root. Typically, new hairs do not grow back in the waxed area for up to eight weeks. A thin layer of heated wax is applied to the skin in the direction of the hair growth. A muslin fabric strip is then applied to lift the wax off of the skin. The hair becomes embedded in the wax as it cools and sets. The wax is then pulled off quickly in the opposite direction of the hair growth, taking the uprooted hair with it. Say goodbye to random, missed hairs, 5 o'clock shadows, razor burn, accidental nicks, or skin discomfort with our full body waxing services. We've perfected our body waxing process to maximize your comfort and leave you with smooth skin and long-lasting results.

Our Wax: We have used an all-natural Milk Chocolate Creme Wax, formulated with Cocoa Seed Extract which is great for sensitive skin for over 20 years! Our clients love it! Not only are our soft waxing services gentler on the skin, but they also offer the quickest and most efficient results. *Stripless Wax or Hard Wax is also available if requested in advance of your appointment.*

Recommended Course of Treatment: It is recommended to be waxed every 3 - 6 weeks depending on how quickly an individual's hair grows in. Regularly scheduled waxing appointments significantly lower the rate of hair growth and maintain better results between waxes.

Contraindications include, but are not limited to the following:

- Accutane in the past 6 month
- Other prescription acne medication
- Oral or topical antibiotics
- Skin exfoliating products (Retin-a, Alpha/beta hydroxy acids)
- Recent Aesthetic procedures (Peels, Laser Treatments, etc)
- Recent exposure to the sun, tanning beds, tanning products
- Extreme skin sensitivity, Rosacea
- Allergies to product ingredients
- Open wounds or lesions
- Poorly controlled medical conditions (*i.e. diabetes, vascular*)
- Autoimmune disorders (*i.e. Lupus, AIDs*)
- Chemotherapy or Radiation in the past 12 months
- Active infection, cold sores (*Herpes Simplex*), psoriasis, eczema, or dermatitis
- **Patients with Unrealistic Expectations**

Risks & Possible Side Effects: include, but are not limited to the following:

- Patient failure to follow pre / post-care instructions concerning appropriate activity, product use, and sun protection.
- Depending on individual tolerance patients may feel some discomfort during the procedure.
- Common side effects such as slight redness, irritation, swelling, and breakouts usually subside within a few hours after treatment.
- Side effects can worsen with sun exposure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. Begin using an SPF of 30 or higher immediately after your treatment.
- Activation of individual sensitivities that may include, but are not limited to Herpes Simplex, cold sores, or acne flare-up may occur.
- Contraindicated medications may make skin more susceptible to complications such as skin lifting and scarring.

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective aesthetic procedure.

Alternative Procedure: Facial or body waxing is an elective aesthetic procedure, which is not medically necessary or required.

Pre / Post Care Instructions: Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner is crucial in minimizing the risk of side effects and complications. **It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.**

Before Your Treatment

- Clients who have used **Accutane or similar products** within the last 6 months CANNOT be treated.
- We CANNOT perform waxing on distressed, irritated, or sunburned skin.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids, hydroquinone) 3 days prior.
- **Review all oral & topical medications** (e.g. acne medications, antibiotics), many thin the skin, and can cause the skin to lift during waxing.
- **Pregnancy, menstrual cycle, taking birth control, or hormone replacement** can increase sensitivity.
- Avoid other aesthetic procedures (i.e. Chemical Peels, Laser Procedures, Microdermabrasion, etc.) for 2 weeks before and after.
- If you are prone to cold sores, it is recommended to take antiviral medication for 3 or more days before and after.
- **Personal Hygiene Rules** - Please freshen up before your Brazilian / Manzilian, bikini, or body waxing session with provided wipes.
- **Skip ALL Lotions & Potions!** Do not apply self-tanners, body sprays, lotions, or other topical creams before your appointment.
- **Hair Length** - Hair needs to be a minimum of ¼ inch (a grain of rice) no more – no less! If you've been shaving, allow a minimum of 3 weeks of hair growth. If the hair is too short it won't adhere to the wax and hair that is too long it will pull, causing more pain.
- Schedule your wax 2- 3 days before going to the beach or poolside.
- **Avoid sun exposure, tanning beds, heat exposure, sweating, hot tubs, and saunas for at least 48 hours before your appointment.**
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- **Lightly Exfoliate!** Exfoliating the area gently a few days before waxing and in between waxing services will remove dead skin cells and minimize the chance of getting ingrown hairs or bumps as the new hair grows.
- **Be comfy.** Wear loose comfortable clothing to prevent irritation after waxing.
- Take a mild anti-inflammatory such as ibuprofen. This is only recommended for Brazilian and extended bikini waxes and will help to relieve some of the discomfort associated with these waxing procedures as well as reduce the swelling that you may experience.

After Your Treatment

- Everyone reacts differently to waxing. If this is your first time, it is important to take all precautions seriously.
- Heightened sensitivity may be experienced in the area waxed for 24 - 48 hours following.
- Common side effects such as slight redness, irritation, swelling, and breakouts usually subside within a few hours after treatment.
- Refrain from using any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids, acne medications) for 3 days after.
- **Avoid strenuous physical activity** and/or perspiring for at least 12 hours post-wax. This is especially important if you are susceptible to breakouts as certain bacteria naturally present on the skin's surface can enter the hair follicle and cause inflammation or infection.
- **Avoid sun exposure, tanning beds, heat exposure, perspiring, hot tubs, baths, showers, and saunas for at least 48 hours after.**
- Apply a cold compress to soothe the skin if you experience sensitivity or irritation after your treatment. Hydrocortisone cream can be used to reduce itching and irritation.
- Moisturize skin frequently beginning 24 hours after your wax to help replenish the skin's barrier.
- Exfoliate daily beginning 48 hours after your wax. We offer a selection of exfoliating products to help eliminate ingrown hairs.
- If an infection is noted, it should be evaluated and treated by a doctor as soon as possible. That is why it is important to take proper care of your skin following a wax treatment.

If you experience any side effects, such as prolonged discomfort or swelling, a histamine reaction, or infection, immediately contact your practitioner for proper assessment and care instructions.