

## Sycamore Day Spa Waxing Home-Care Plan

Name \_\_\_\_\_ Date \_\_\_\_\_ Technician \_\_\_\_\_

**Here are a few easy steps to follow at home in order to achieve the best results from your waxing. Should you have further questions, please call the spa to speak to a technician.**

*Please note that your pores are open after a waxing service. Please make sure that the area that has been waxed stays clean for up to 24 hours after waxing. Please touch the area only with clean hands to avoid infections. We always thoroughly sterilize every piece of equipment and product used to ensure your safety!*

### ***What do I do 24-48 hours after waxing?***

To reduce the risk of an infection please keep the area clean for 24-48 hours after waxing.  
We provide a balm for bikini waxes, please apply with clean hands only. Start 24-48 hours **after** waxing!  
DO NOT use saunas, whirlpools, or other heated sources.  
DO NOT shave anywhere near the waxed area.  
No heavy exercise, avoid tight clothing like pantyhose or tights,  
Avoid sun exposure immediately after waxing. Wear an SPF to protect the skin from hyperpigmentation (permanent darkening of the skin).  
Do not exfoliate for at least 24 hours after service. If there is irritation after 24 hours, wait at least 48 hours.  
Applying a skin cleanser throughout the day right after waxing, such as a cloth/gauze soaked in white vinegar, bactine or Dermoplast to the waxed area for 24-48 hours after waxing will prevent infection of the open pores. We absolutely recommend this to anyone around young children under 6 years of age.

### ***What are possible side effects of waxing and how can they be minimized?***

To reduce the risk of spreading or irritating a breakout:  
-Do not touch the skin in the breakout area, especially with unclean hands.  
-Do not pop any whiteheads that may form. This will cause further, and sometimes painful, irritation.  
Pimples are common, from tiny bumps to whiteheads. You can also apply a compress made of baking soda and cool water. Apply gently to soothe irritation.  
Some people will experience a rash after waxing. It is not a breakout and will last under a week. If this happens, apply an Antibiotic Ointment (Like Neosporin) at least once a day for 3 days. Please consult your doctor for an alternative topical cream if you have any allergies to Antibiotic Ointments.  
If there are any large, inflamed bumps that are painful to the touch, please call the spa so we may have a technician examine you. Please keep the area waxed clean for 24-48 hours after waxing to avoid an infection. If you notice many pus filled bumps 24-48 hours after waxing, bacteria has most likely entered the pores and you may have an infection. Please consult your doctor for a treatment.

### ***What can I do to prepare for my next treatment?***

Regular exfoliation may be helpful to remove dead skin and to help prevent ingrown hairs.  
Routine waxing helps the skin get accustomed to the procedure and may minimize irritation after future waxing.  
Return for your next treatment when hair is ¼ to ½ inch long.  
Avoid waxing when ON or 1-2 days near your menstrual cycle, it can be more painful. For bikini waxing, blood flow to lower waist area can promote infection of open pores. We recommend coming mid-cycle for the best results.

**Although we can not predict or guarantee who may react, most clients do not experience reactions beyond redness and minor irritation. Please follow these guidelines to help minimize any irritation and make your waxing experience a pleasant one.**

**Technician Comments/Concerns:**

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