

# MEN'S SUGARING HAIR REMOVAL

## PRE-CARE GUIDE

### HOW TO PREPARE FOR YOUR SUGARING APPOINTMENT

A little preparation goes a long way. Follow these simple steps to ensure an effective, comfortable, and professional sugaring experience.



#### 1. CLEAN, DRY SKIN

Shower a few hours before your appointment to remove sweat, oils, deodorant, or lotions.

Avoid applying any products (lotions, creams, oils, or powders) on the area being treated the day of your appointment.

Complimentary wipes are available in studio if needed before your session.

#### 2. EXFOLIATION

Do not exfoliate the day before, the day of, or the day after your appointment to avoid skin sensitivity.

Light exfoliation 2–3 days prior can help prepare the skin and improve results.



#### 3. HAIR LENGTH MATTERS

- Hair must be at least  $\frac{1}{4}$  inch long (about the size of a grain of rice) for effective removal.
- If this is your first sugaring appointment, stop shaving 14–21 days prior to allow proper hair growth.

#### 4. WHAT TO WEAR

- Wear loose, comfortable clothing to your appointment. This helps reduce friction and irritation after your service and allows the skin to breathe.

• • • • MEN'S SUGARING HAIR REMOVAL  
• • • • HOW TO GET THE BEST RESULTS



**5. SKIP THE GYM RIGHT BEFORE**

Avoid heavy workouts or sweating 3–4 hours before your appointment.

Freshly sweaty skin = more sensitivity and irritation.



**6. AVOID SUN + HEAT**

Avoid sunburns, tanning, hot tubs, or saunas 48–72 hours before your service.

Heat makes skin more sensitive and increases discomfort.



**7. IF YOU WORK IN TRADES OR LONG SHIFTS**

If you work in coveralls, construction, oil sites, or physical jobs:

- Shower before your appointment
- Bring clean underwear or a change of clothes
- Avoid coming straight from a sweaty shift

Clean skin = smoother results + less irritation

**8. STAY HYDRATED**

Drink water the day before and day of.

Hydrated skin responds better and feels less sensitive.

**9. MEDICATIONS**

Avoid services if you are using Accutane, retinol, or antibiotics that increase skin sensitivity. When in doubt, ask us first.