

Project Beauty Co

# 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 a successful and comfortable sugaring experience.



1.

### Clean, Dry Skin

Shower a few hours before your appointment to remove oils, lotions, or creams. Avoid applying any products like lotions or powders on the day of treatment. Complimentary personal wipes are available for use before your session.

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### Hair Length

Your hair needs to be at least 1/4 inch long (about the size of a grain of rice) for effective removal. If you're new to sugaring, stop shaving for 14-21 days before your appointment to allow the hair to grow out properly.

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### Clothing | Whats to wear

Wear loose, comfortable clothing to your appointment to allow your skin to breathe afterward, reducing irritation.



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## Exfoliation

Avoid exfoliating the day before, the day of, and the day after your sugaring session to prevent skin sensitivity.

Gentle exfoliation a couple of days before can help prepare your skin.

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## Heat and Sun Exposure

Avoid any UV exposure this includes natural sunlight and tanning beds, hot showers, or baths the day of your treatment to reduce skin sensitivity and irritation.



## No Shaving Between Sessions

Don't shave or use depilatory creams between sessions, as this disrupts the hair removal process and slows your progress towards softer, finer hair.

6.



7.

## Stay Excited

You're about to start your smooth, hair-free journey! After the first session, hair grows back finer, lighter, and softer.



Please do not hesitate to reach out with any other questions or concerns prior to your appointment!