

Waxing Hair Removal

Aftercare Guide



Heat and Sun Exposure

We recommend waiting 24-48 hours before exposing your skin to direct sunlight, tanning beds, or infrared lamps. Additionally, avoid hot baths, saunas, and hot tubs for at least 24 hours post-treatment. A gentle shower is recommended if necessary. Hair removal removes dead skin cells and exposes fresh, sensitive skin, making it more prone to irritation during this time.

Physical Exercise & Intimacy

Avoid physical exercise for at least 24 hours after your sugaring treatment to prevent sweat and bacteria from entering the freshly opened hair follicles, which can lead to irritation or infection. We also recommend refraining from intimacy or skin contact for 24 hours to allow your skin to heal and reduce the risk of irritation or discomfort.



Skincare Products

Mild redness after sugaring is normal and should subside within a few hours. To prevent irritation, avoid perfumed soaps, deodorants, and harsh chemicals for 24 hours. Avoid touching the treated area to reduce infection risk. Use fragrance-free, paraben-free products to maintain healthy skin and prevent clogged pores or ingrown hairs.

***Pro-Tip: For extra hydration, mix a clean body oil with your lotion to lock in long-lasting moisture. Hydrated skin is essential for smoother hair removal and reduced irritation, as it makes the process more effective and minimizes the risk of ingrown hairs. Moisturized skin also heals faster and stays healthier post-treatment.*

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Exfoliating & Hydration

Avoid exfoliating for the first 3-5 days to let your skin heal and prevent irritation. After 48 hours, gently exfoliate 2-3 times a week to remove dead skin and reduce the risk of ingrown hairs. Regular hydration is also essential to keep your skin soft, nourished, and in the best condition before and after treatments.

Wear Loose Clothing

After your sugaring treatment, it's important to wear loose, breathable clothing to prevent irritation and allow your skin to heal. Tight clothing can trap sweat and bacteria, leading to breakouts and ingrown hairs. Opting for looser garments helps your skin stay cool and reduces friction in sensitive areas.



For Best Results Be Consistent

Consistency is key to achieving and maintaining smooth, healthy skin through sugaring. Regular treatments every 4-6 weeks help reduce hair regrowth over time, making each session easier and more comfortable. Sticking to a routine also minimizes the risk of ingrown hairs and keeps your skin looking its best between appointments.