

It is extremely important to read these cautions before getting a service. Please be aware that sugaring deeply exfoliates the skin.

- *Sunburned, irritated or areas with open skin cannot be sugared.*
- *Moles cannot be sugared. We can, however, sugar around the mole.*
- *You must wait a minimum of seven (7) days before sugaring after a light chemical peel or microdermabrasion.*
- *Sugaring cannot be performed if you have been in a tanning booth the same day.*
- *Sugaring cannot be performed if you have had laser skin resurfacing within the past year.*
- *Sugaring cannot be performed if you have had a physician administered peel within the past two (2) years.*
- *No sun/tanning booths for 2 days after a sugaring treatment. Extra precaution should be taken if using tanning accelerators. Wait 2-3 days sugar before/after tanning with accelerators. Of course, we always recommend the use of sunscreen for sun exposure.*
- *Women may experience extra sensitivity to sugaring up to a week prior to the beginning of their period.*

Your first 3 appointments are the most important

To see the best results, it is important that your first 3 sugaring sessions be booked close together, no more than a month between each appointment. These appointments will be the most effective at softening and reducing hair growth. After 3 consecutive treatments your overall hair density will be lowered and the stubborn coarse hair will be diminished.

If you are considering sugaring in preparation for a specific event (a wedding, vacation, or summer season) it is optimal if you booking your appointments 6-9 months before. This will give you the best results. Sugaring treatments done regularly lead to less painful treatments, and more thorough removal of hair. It allows slower growth and it can lead to permanent reduction of growth.

Pre Care Instructions:

- *Schedule your sugar appointment for a time that is convenient for you, when you can relax a bit before and after.*
- *Cleanse the area to be sugared thoroughly before your appointment.*
- *Please do not apply cream or lotions to the area being sugared the day of your treatment.*
- *For best results, do not exfoliate the day before, the day of, or the day after.*
- *Do not use razors or depilatory creams between treatments, as this will interfere with your goal to refine and diminish your hair growth, and to have smooth, healthy skin.*
- *Remember extraction of the hair at 1/8" or less on a regular basis leads to permanency.*
- *Avoid direct heat such as hot baths, or sun tanning the day of your treatment.*

- *Drinking caffeine before your appointment can make you more sensitive to pain when being sugared*
- *Some clients take ibuprofen 30 minutes prior to their appointment to help with any pain.*
- *I do retail a numbing cream and will give you some to use before your appointment for sensitive areas, but it best applied 45 minutes before your appointment so getting one and bringing it home is a great idea!*
- *If you're new to Body Sugaring or you haven't been sugared in a while, stop shaving or using any other method of hair removal up to 10 days before your service.*
- *There is no need to let your hair grow out for several weeks before sugaring. If longer than 1/2 inch, trimming before your appointment will make your sugaring session more comfortable.*
- *On the day of treatment, get excited; your about to start a very hair-free part of your life!*

Post Care Instructions:

- *I recommend waiting 24 hours before exposing your skin to the sun, tanning beds or infrared lamps.*
- *To avoid irritation, keep the skin clean and free of harsh lotions or products for 12 hrs.*
- *Do not exercise immediately following treatment.*
- *No hot baths or showers for 24 hours following a body sugaring treatment.*
- *No abrasives or exfoliating for 48 hours following a sugaring treatment.*
- *Slight pinking of the skin is normal and should disappear within a few hours.*
- *To avoid irritation, keep the skin clean and avoid perfume soaps, deodorant or products with chemical irritants.*
- *Soaking in Dead Sea Salts to help inflammation.*
- *After 48 hours you can begin to exfoliate 2-3 times a week in the shower or bath. Exfoliation promotes circulation and most importantly, frees the skin of excess build-up which often results in ingrown hair. Exfoliating allows the sugaring treatment to be less troublesome and results in a timely session as dead or dry skin can accumulate.*
- *Regularly cleanse and hydrate your skin. This will ensure your skin is in the best possible condition before and after treatment.*
- *To get the best results from sugaring, its best to remove hair during the anagen stage(1st stage). This is typically 3-6 weeks after your last appointment, but can vary from person to person.*
- *Enjoy your smooth silky skin.*
- *I recommend either Fur products or Finipil products which are moisturizing and antibacterial and are available in my office. If you don't want to use those please use something that is antibacterial and moisturizing and for exfoliating use a mit or a sugar scrub.*