



MAKE SURE YOU TELL YOUR THERAPIST CONTINUED:

- ✦ If you have had any recent skin treatments such as IPL, Microdermabrasion or laser treatments etc.
- ✦ If you are shy or feel more comfortable with certain techniques as we can provide disposable underwear or g-strings and towels for coverage if you prefer.
- ✦ We are here to make you feel comfortable. If you are used to something in particular, please let us know.

WAXING PREPARATION

Whether it's your first wax with us, or your first wax at all, there are a few things you should know to help achieve the best possible results.

- ✦ To guarantee the most effective treatment, let your hair grow out at least 0.5cm long.
- ✦ Gently exfoliate your skin before your appointment.
- ✦ Waxing should be performed **before** any tanning procedures. Allow 24 hours after waxing before booking a spray tan or sunbed.
- ✦ Waxing appointment lengths are an estimate. If you are scheduled for a 30 minute treatment, it does not necessarily mean it will last 30 minutes. We want to make it as quick and painless for you as possible.

YOUR APPOINTMENT

If it is your first time with us, your Vivo therapist will preform a quick consultation with you to ensure the best results.

MAKE SURE YOU TELL YOUR THERAPIST:

- ✦ About any allergies, health conditions or if you have ever had any problems with waxing in the past.
- ✦ If you are on any medication, including medications for acne.
- ✦ The types of skin care you are using, such as Vitamin A, retinal, skin lighteners, or AHA's such as glycolic, lactic, salicylic acids etc.

WAXING AFTERCARE

- ✦ Don't expect your skin to be perfectly normal after waxing. If you plan on wearing a swimsuit shortly after your wax, remember there may still be redness.
- ✦ Wait 24 hours before doing any exercise, including swimming to prevent any excess sweating. Raising your body temperature may irritate freshly plucked follicles.
- ✦ Wait 24 hours before or after going in the sun or sunbed as your skin will increase in sensitivity.
- ✦ Wait 24 hours before applying any deodorant, moisturisers, make-up, or exfoliating skin.
- ✦ Special 'Mineral Make-ups' can be applied immediately after facial waxing to reduce the appearance of redness. Mineral Make-up is available in store - ask your therapist for more information.
- ✦ Don't shave between waxes – it distorts the hair growth cycle.
- ✦ After waxing, exfoliation should be done everyday or every second day if your skin is sensitive. This will ensure the hair can breach the skin's surface and avoid ingrown hairs.
- ✦ Exfoliating gloves/mitts are available in store. We also stock products to help prevent ingrown hairs - ask your therapist for more information.
- ✦ Wear cotton clothing to allow your skin to breathe.
- ✦ Come back for your next wax in 4-6 weeks. This is the recommended amount of time between waxes, however, it is different for everyone. Discuss with your therapist when to book your next appointment.