

Pre-Hair Removal Tips:

- If you are currently using Accutane, hair removal on any part of your body is not recommended
- If you have had a glycolic (an alpha hydroxy acid) or salicylic acid (beta hydroxy acid) peel you must wait 10-14 days before having hair removal
- If you are using a Retinol or Tretinoin (Retin-A) on or near the area to be waxed, you will have to discontinue use 7-10 days before the hair removal. *Please consult your physician before discontinuing any prescription medication
- Hair should be 1/4" long. If it is too short the product won't adhere to the hair and the follicle will not come out smoothly; too long and it is more difficult and can be more painful
- Exfoliate three times a week with No Bump Body Scrub (Available for purchase at Lotus Spa). Discontinue use 24 hours prior to hair removal
- Do not tan for at least 24 hours prior to hair removal
- Avoid alcohol or caffeine the day of your appointment because these can heighten sensitivity
- Plan on coming to your appointment with something loose to wear. Steer clear of anything that may be too restrictive, tight or binding

Post-Hair Removal Tips:

- Regular waxing will reduce discomfort as well as hair growth
- Do NOT shave between services. For the best long term results schedule services every 4-6 weeks
- Apply Finipil (Available for purchase at Lotus Spa) to damp skin daily
- If you experience any soreness or bruising you may use a cool compress on the affected area
- Avoid hot showers/baths, saunas, sun exposure, and lotions for the first 24 hours
- Avoid tight fitting clothes for the first 24 hours
- Ingrown hairs are common. To reduce ingrown hairs, begin to exfoliate with No Bump Body Scrub 48 hours after service