

Pre care for Brazilian Waxing

- You may take a pain reliever 30 minutes before your appointment
- Hair must be at least a quarter inch long so that the wax will adhere correctly (generally 2 to 3 weeks of growth)
- It is helpful to exfoliate the night before

Post care for Brazilian Waxing

- No working out or sweating for 24-48 hours after
- Avoid touching the area to keep it clean
- No baths, opt for a shower instead in lukewarm water - avoid very hot water
- Avoid tanning beds, saunas, or steam rooms for 48 hours
- Sexual activity should be avoided for 24 hours
- Do not exfoliate for 48 hours and start off with light exfoliation
- Only use gentle non scented products on the area – avoid artificial fragrances
- Do not wear tight clothing or underwear for the first few days to avoid irritation

