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## **Waxing Frequently Asked Questions**

### **What is waxing?**

It's the removal of unwanted facial and body hair by the root. Warm wax, the consistency of honey, is applied over the hair to be removed. A cotton strip is pressed over the wax, and then the strip, wax and hair are removed together in a quick pull.

### **Does it hurt?**

It's most uncomfortable at first since it's a new sensation. Any discomfort dissipates quickly and decreases with regular treatments, as less hair is removed each time. Caffeine, menstruation and pregnancy increase skin sensitivity.

### **How long does it last?**

Hair typically grows back several weeks after your treatment. For best results waxing should be repeated every 4-8 weeks, although once a year before your warm-weather vacation is fine, too!

### **How long does my hair need to be?**

1/4"-1/2" long. If too short, hair won't come out. If too long, hair will break and the service will be less comfortable. I suggest either shaving three weeks before your appointment, or trimming bikini line hair just prior to your appointment.

### **Will my hair grow back thicker?**

No, but after removing hair lightened by the sun darker re-growth may appear thicker. Often hair grows in sparser after regular treatments and since waxing removes hair by the root, a soft new hair with a fine tip grows in, eliminating razor stubble.

### **Is waxing okay for everybody?**

It's fine for most everyone, but isn't appropriate for those on certain medications such as Retinoids and Accutane, or for people with diabetes or particular skin conditions.

### **What about ingrown hairs?**

Most people experience some, since as a new hair grows in it may become trapped under the surface of the skin causing slight irritation. Exfoliating regularly helps. To remove ingrown hairs, rub ice over irritated areas to draw hair to the surface of the skin, and then gently remove with disinfectant.

**Why wax in the first place?**

Waxing is one of the best ways to temporarily remove unwanted hair. It is more effective than shaving because it removes hair from the roots, not just from the skin's surface. Over time, hair in waxed areas regrows lighter and sparser or not at all. Even fine hair shadows the face, distorting and aging your features. Waxing the brows opens up the eyes, providing a non-surgical facelift. You keep the hair on your head well-maintained, so why not everywhere else?

**What areas of the body can be waxed?**

The wax can be used on almost any part of the body as needed. It is wise to test a small area first for sensitivity. Some frequently waxed areas for women are legs, underarms, bikini line, eyebrows and face. For men: chest, leg, arms, and back. The exceptions for waxing are the beards and inside the ears.

**How long will the results last?**

After a client's first waxing, the results can last 3 to 6 weeks depending on the individual's hair re-growth. In most cases, hair growth is minimal during the first week or two and noticeably increases in the third and fourth week. Heat stimulates hair growth; therefore hair grows quicker in the summer than in the winter. With regular waxing the length of time between treatments will increase. Continued waxing results in sparse hair re-growth.

**How long does waxing take?**

Depending on the body part and the density of the hair growth, your waxing appointment will take between fifteen minutes and one hour.

**What will happen during my appointment?**

Once in the treatment room, you will need to expose only the area of your body that is going to be waxed. Feel free to ask how much, if any, of your clothing should be removed. For a bikini wax, I recommend older underwear to wear during the service; we will discuss where you would like your bikini line to fall. For an underarm wax, please avoid deodorant/antiperspirant prior to your service; it stops the wax from adhering properly. If avoidance is not possible I will cleanse the area before your service.

**How should I prepare for a hair removal treatment?**

To assure ease in removal, the unwanted hair should be at least 1/4" long. For body waxing, plan to exfoliate, or scrub, the area to be waxed on the day before your treatment, to slough off dead skin cells and help prevent ingrown hairs. Always wear clean comfortable clothing that will not irritate the area you are having waxed.

**Why should I choose waxing over other non-permanent hair-removal methods?**

Unlike shaving, waxing removes the entire hair, which, with consistent waxing, may then take up to eight weeks to grow back. Hair that has been shaved may grow back feeling more coarse and looking darker — but the hair that grows back after waxing often feels softer and appears lighter than it did before.

**Will the hair stop growing after waxing?**

Waxing makes the hair finer and but it's not a permanent hair removal method.

**What measures can be taken to help prevent ingrown hairs?**

Exfoliate before waxing and again 2-3 days after so that the hairs can grow freely through the skin.

**How do I schedule an appointment?**

**Go to [centerforsight.net](http://centerforsight.net) and click “schedule an appointment” or call 925-2020.**