SKIN OUT SECRETS

The Secret to Beauty is within the Skin

BEFORE YOUR

Sugar Appointment



Hair must be the length of a grain of rice (about 2 weeks growth)



Exfoliate 2-3 weekly. DO NOT exfoliate the day of your appointment



Moisturize daily with a lightweight product. DO NOT moisturize the day of your appointment



Wear comfortable clothing and cotton underwear (to avoid irritation)



Take an ibuprofen 30 minutes before your appointment if needed



SKIN OUT SECRETS

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AFTER YOUR

Sugar Appointment



Avoid taking a bath or HOT showers



Wear cotton underwear and loose clothing



Avoid excessive sweating for 24-48 hours. No gym, swimming or sex



Avoid hot tubs, steam rooms, suanas, and sunbeds



No exfoliating until 2-3 days after getting waxed



Schedule an appointment every 4-6 weeks for best results