



Waxing and Sugaring Information and Care

Pricing:

Waxing:

| | | | |
|---------------|-------|-------------------|-------------|
| Eyebrow | \$15 | Underarm | \$20 |
| Lip | \$10 | Arm - half / full | \$15 / \$30 |
| Chin | \$10+ | Leg - half / full | \$40 / \$60 |
| Full Face | \$35+ | Bikini | \$25+ |
| Chest or Back | \$50+ | Brazilian | \$65+ |

Sugaring:

| | | | |
|---------------|-------|-------------------|-------------|
| Eyebrow | \$17 | Arm - half / full | \$17 / \$32 |
| Lip | \$12 | Leg – half / full | \$42 / \$62 |
| Chin | \$12+ | Bikini | \$27+ |
| Full Face | \$37+ | Brazilian | \$67+ |
| Chest or Back | \$52+ | | |

Hair Removal

Effective methods of semi-permanent hair removal uses heated wax or sugar to strip away unwanted facial and/or body hair from the root. When hair is shaved or removed by depilatory cream, the hair is removed at the surface rather than the root. Within a few days, the hair can be seen at the surface. With these methods, hair tends to grow back in stubbly. Areas that are repeatedly waxed over long periods of time often exhibit re-growth that is softer. Although some may start to see hair re-growth in a previously waxed area in only a week, most will not see re-growth for two to eight weeks. Almost any area of the body can be waxed or sugared, including eyebrows, face, bikini area, legs, arms, back, abdomen and feet. There are many methods suitable for removing unwanted hair.

Waxing:

Strip Wax: With this method, wax is heated on a warmer until just melted, then a thin layer is applied to the skin in the direction of the hair growth. The hair becomes embedded in the wax as it cools and hardens. A cloth or paper strip is then pressed on the top then pulled off quickly in the opposite direction of the hair growth, taking the uprooted hair with it. The area will be red and sensitive for a few hours.

Hard Wax: Another method utilizes hard wax. In this case, the wax is applied somewhat thickly and with no cloth or paper strips. The wax then hardens when it cools, thus allowing the easy removal by a therapist without the aid of cloths. This waxing method is very beneficial to people who have sensitive skin, especially the bikini area.

Bikini Waxing Types: Bikini waxing can be the perfect solution for that week at the beach, especially if you want to avoid the itchy, red bumps that generally accompany shaving. **The Bikini Wax** removes the hair on the outside of the panty line. Bikini waxing takes off the least amount of hair, and is ideal for first-time waxers. **The Brazilian Wax** leaves only a small strip of hair in the center of the genitals. If you opt to remove all the hair completely, this is generally referred to as a **Full Brazilian**.

Sugaring:

Body sugaring is a safe and natural way to remove unwanted hair. It is a gentle and effective form of hair removal, using a natural ingredient - sugar. Body sugaring paste is easy to use, gentle on your skin, 100% environmentally friendly with no animal testing and if accidentally swallowed, delicious. Benefiting from removal of hair from the root, it means re-growth becomes finer leading to gradual diminished hair growth with repeated treatments. It also removes dead skin cells, leaving the skin soft, smooth and revitalized. Body Sugaring Paste is gently warmed, and is thinly spread in the same direction of the hair growth. It leaves skin silky smooth. Because of reduced skin irritation, many say it is less painful than traditional waxing. It can be used for all parts of the body, such as eyebrows, arms, legs, bikini line and even Brazilian. Sugaring is beneficial, especially those with dry skin conditions such as eczema, but is not suitable for diabetics.

Precautions and Contraindications:

Although widely done and relatively safe, there are contraindications to hair removal. To ensure a successful experience, please read and follow these instructions prior to scheduling your appointment.

- Women may experience extra sensitivity to waxing up to a week prior to the beginning of their menses.
- Must wait a minimum of 7 days before/after a light chemical peel or Microdermabrasion.
- Wait at least 2 hours after receiving a facial
- Discontinue use of Retin A, Renova, Differin, or other types of skin thinning acne medications, at least 7 days before and after the procedure.

- **Waxing** can't be done if you have been in a tanning booth the same day, have sunburned skin or if you have had laser skin resurfacing within the past year or physician administered peel within the past 2 years.
- **Waxing** is never done on clients currently taking the acne medication, **Accutane**. You must be off this medication a minimum of one (1) year prior to having any waxing service.

Please read the labels carefully and consult your dermatologist or healthcare provider if you have any questions prior to scheduling your waxing procedure.

Before Your Session:

- For the most thorough waxing results, hair should be at least ¼ inch in order for the wax or sugar to be able to “grab” onto it and remove it.
- Staying well hydrated before any skin procedure conditions the skin to be less reactive.
- Avoid consuming caffeine, alcohol or aspirin prior to your appointment. Each of these agents thin the blood and can increase skin sensitivity.
- To avoid breakout, avoid exercise the day of waxing to help keep your open follicles free from filling up with dirt, debris and/or oil.
- Shower and exfoliate prior to coming in. It is also important that hair is no longer than 1 inch, so if you need to trim please do so prior to your visit.

What to Expect:

- Depending on the area being waxed, I will leave the room to allow you to undress. For bikini waxing, spa undergarments are available upon request.
- Your privacy is of utmost importance. You will be comfortably reclined and every precaution will be taken to ensure that areas not being waxed are covered.
- Before beginning the process, the technician will wash hands, or at least apply hand sanitizer.
- To prevent burns, the technician will test the wax temperature on the inside of her wrist before applying it to your skin. If you don't see the practitioner taking these steps, speak up.
- Client safety and comfort are always my top priority. This is why I never double dip! For those of you that don't know, to double dip is putting a just used waxed stick right back into the wax pot. Double dipping into the wax introduces bacteria into the pot and should never be done. A new spatula should always be used for each swipe to your skin.

After Your Session:

- For a few days following your wax, apply an over-the-counter topical antibiotic cream and an anti-inflammatory 1% hydrocortisone cream to the area, says Bruce Robinson, M. D., an associate clinical professor of dermatology at the Mount Sinai Medical Center in New York City. This will ease irritation and help ward off potential infection. Make sure you thoroughly exfoliate, especially when the hair starts to return and keep the area moisturized and hydrated to help avoid ingrown hairs.
- No sun/tanning booths for 2 days following a waxing treatment. Extra precaution should be taken if using tanning accelerators. Wait 2-3 days to wax before/after tanning with accelerators.
- No hot baths for 24 hours following a body waxing treatment.
- No abrasives for 24 hours following a waxing treatment.
- No deodorants for 24 hours following an underarm waxing treatment.
- Avoid swimming in lakes or ponds, which are not chlorinated. You could be at risk for a staff infection, etc. while your follicles are still open and sensitive.
- With routine waxing, your hair growth returns thinner and sparser. The average return time for your next visit is generally every 4-6 weeks.

How often should you wax depending on how fast your hair grows, a good rule of thumb is to get waxed about every three weeks or when your hair has grown at least a quarter of an inch. If you are serious about making your hair down there less visible, be sure not to cave and shave. Waxing yanks hair at its root and will cause slower, finer re-growth after a few monthly sessions. Shaving removes only the top layer and makes what's underneath sprout sooner. When you need quick stubble fix, rub your bikini line with alcohol and use a tweezer to pull out only the noticeable hairs. Another stubble-taming trick: Apply a hair-minimizing lotion daily.

Possible Adverse Affects, Risks: It's imperative that all warnings and contraindications listed above are followed. Failing to do this, or failure to notify the technician if any of those apply to you, can lead to possible skin burns, abrasions, tearing, infection and scarring.

Know the signs of infection: Anytime skin integrity is compromised, it increases the risk of infection. Waxing, especially around the genitalia area, can pull off tiny pieces of the skin's outermost layer, creating a portal for bacteria to enter. It also creates inflammation, which can trap bacteria beneath the skin. All this increases the risk for skin infection, including staph, folliculitis (infection of the hair follicles), and ingrown hairs. Check yourself with a hand mirror. Pay attention to signs such as swelling, inflamed ingrown hairs, rashes, or raw, open sores or cuts. Contact your healthcare provider immediately if you develop redness or swelling in the area, an itching or burning sensation, peeling of the skin, or a fever.

Please contact us at **940-383-9717** or email **info@CrystalsEssentials.com** with any questions or concerns or for scheduling appointments.

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