



RECOMMENDATIONS FOR BEST RESULTS

PRE-SUGARING HAIR REMOVAL (Prep for Sugaring)

Hair Length: Put the trimmers down at least 1 week before your appointment. We need $\frac{1}{8}$ " to $\frac{1}{4}$ " of hair growth for optimal results. Hair growth patterns vary, longer hair ensures the majority of hair is at an ideal length for removal.

How sensitive are you?: With any form of hair removal or skin treatment a histamine reaction (appearance of white bumps, redness, itchiness or discomfort) can occur. Mostly commonly experienced in areas of vellus hair (the fine downy hair, found on the face & body). Please plan ahead.

Histamine prevention begins the days leading up to your appointment. We recommend taking an allergy medication or histamine blocker of your choice. (ie, Benadryl, Claritin, Allegra). Begin with a single dose 1-2 days before your appointment, repeat daily dosage until at least 1 day following your appointment to prevent potential skin reactions or hypersensitivity.

Concerned about discomfort? Taking a pain reliever such as Ibuprofen (Advil, Midol, or Motrin) 30-60min prior to your appointment helps to minimize discomfort. Still nervous? Or if it's your first time, we have a numbing topical option for more sensitive skin types. Simply mention when booking your next appointment to allow adequate time for preparation and product penetration. Numbing Topical \$10

Choose a natural deodorant. Avoiding antiperspirants which are an aluminum-based compound that plugs the sweat ducts and prevents you from perspiring. These "plugs" remain in the skin clogging hair follicles even after cleansing. Medical research has also suggested that using the aluminum-based compounds in antiperspirants may increase the risk of developing breast cancer.

DAY OF YOUR APPOINTMENT

Clean skin is best. Avoid application of any lotions, creams or serums to the area. Including antiperspirants, deodorants, feminine hygiene products, natural oils, or liquid sunscreens. Topicals can alter results and interfere with professional product performance and efficiency.

Clothing Wear comfortable clothing the day of your appointment. Avoid harsh color dyes, synthetic fabrics and other potential skin irritants. Clean white cotton is ideal.
Any pinking of the skin should disappear within a couple hours after treatment.

What will my skin look like after? Immediately following treatment tiny pink polka dots may appear along the skin's surface, resembling "chicken skin" and will dissipate within a couple hours. Slight redness or even a small amount of blood within the follicle is normal. This simply indicates that the hair was completely removed from the root, rather than superficially broken off at the skin's surface. This is the reason professional Sugaring lasts so much longer than traditional hair removal methods and provides a permanent hair reduction over time.

Avoid excessive heat, steam, friction or exercise for the remainder of the day. Any of these may cause unnecessary sensitivity and irritation following treatment. Please use caution.

Trust us we get it. It's hot in Florida and we understand there can be circumstances when breaking the rules seems unavoidable.

POST-SUGARING HAIR REMOVAL (After Care)

Exfoliation is key to maintaining clear skin and smooth results both before & after treatment. This alone prevents breakouts and ingrown hairs by alleviating buildup of dead skin cells in and around hair follicles. Exfoliate the area 1-2 days following treatment and repeat 3-4x per week between maintenance appointments.

Any form of epilation (method of removing hair from the root) weakens the actual hair follicle. Any return regrowth becomes finer and more sparse with repeat treatments. Sugaring provides permanent hair reduction over time.

However, these thinner hairs can easily get trapped below the skin's surface causing unwanted irritation or develop into an ingrown hair without regular exfoliation.

Avoid shower puffs or any cleansing sponge that includes a bacteria ridden rope knot tied to it.

Avoid harsh granular scrubs, high fragrance or chemical additives within face & body washes. These can actually be a root cause of unnecessary skin irritations.

Mechanical exfoliation is best achieved with the use of an organic luffa, exfoliating glove, or polishing towel. Can be applied to dry skin or wet in the shower along with your favorite body wash.

Prone to breakouts or ingrown hairs? We have a product (with a convenient roll-on applicator) to effectively treat and prevent ingrown hairs. Also lightens scars and unsightly skin discolorations while the unwanted blemish heals.

Have a unique question? Contact us! We're happy to address your specific concerns.

Call or text 941-315-5304 Email hisandhersbarebeauty@gmail.com