

# WAXING / THREADING

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## *Post-Treatment Instructions*

- Heightened sensitivity may be experienced in the area waxed for the next 24-48 hours.
- Avoid any type of tanning, sun bathing, hot tubs or saunas for 48 hours after your treatment.
- Apply SPF 30 or high to areas that are exposed to the sun.
- No hot baths or exercising for 2 hours following your treatment.
- Apply a cold compress to soothe the skin if you experience sensitivity or irritation after your treatment. Hydro-cortisone cream also reduces the redness and irritation following your treatment.
- Exfoliate daily 48 hours after your treatment to minimize ingrown hairs.
- Moisturize skin after waxing treatments to help replenish skin's moisture barrier.
- Wait at least 24 hours before intimacy, swimming, or sunbathing if waxed in the bikini/brazilian area.
- Avoid fragranced products of all kinds (soaps, lotions) for at least 12 hours.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

*Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!*