**wax faq page**

**How hair grows? = Stages**

Hair grows from the follicle, or root, underneath the skin. The hair is ‘fed’ by blood vessels at the base of the follicle, which give the hair the nourishment it needs to grow. Between starting to grow and falling out, each hair passes through four stages: anagen, catagen, telogen and exogen. Every hair is at a different stage of the growth cycle.

But you must understand hair growth phases and the hair growth cycle in order to understand how to waxing works. Your body skin and head is covered with hair follicles. At any given time your hairs are in various stages of growth and shedding.

**1. Anagen (Growing Phase)**

The anagen, or growing, phase usually lasts 6 – 12 weeks (fine or coarse body hair or eyelashes) to 7 years (head hair), and the length of this phase determines the length of our hair. Hair usually grows at approx ½ inch or 12 mm per month.

**2. Catagen (Transition Phase)**

This transitional phase usually lasts about ten days. During this stage, the hair follicle decreases in size and detaches from the dermal papilla. It is no longer receiving any blood or nourishment.

**3. Telogen (Resting Phase)**

The telogen or resting phase lasts around 3 months. While the old hair is resting, a new hair begins the growing phase. The resting hair moves higher inside the follicle until it is at the very entrance or is just about to fall out of the follicle. The new hair cells are developing into a tiny “baby hair” deep inside the hair follicle tunnel. It can take 3 months before the baby hair finally replaces the old hair.

**4. Exogen (Shedding Phase)**

The exogen represents the period from when a resting hair reaches its final position in the follicle to when it finally detaches. This is a part of the resting phase where the old hair detaches and sheds, and new hair continues to grow finally emerging out of the hair follicle.

**Types of wax we use.**

We use two different waxes when performing body waxes:
**Strip wax** – a thin sticky resin syrup that requires a cloth to pull it off – fine hairs

* A bottle with a roller head – allows a very efficient and clean thin smear over a large area.
* A spatula allows your therapist to apply a thin scrape of wax on a small area.

**Hot wax** – a thick paste that sets solid as it cools – coarse hairs (bikini, underarm, and chest hair)

* A thick layer is applied on to your skin and hairs with a spatula into a patch.

**How is waxing performed?**

Waxing requires hair to be a minimum of approximately 6 mm long (or longer 10mm+) to enable the wax to adhere to the hair shaft and pull it effectively out of the hair follicle.

The wax is applied across the skin in the direction the hairs are growing in.

If a client is having waxing for the first time we request that the hair is allowed to grow from it last shave for at least 2 weeks (6mm). If possible we request a longer duration of 4 weeks (approx 12 mm).

Repeat waxing of an area is usually scheduled at **LEAST** 4 weeks later to allow the next “crop” of hair to be long enough and ready for the next session of waxing removal.

Waxing beginners who have been shaving can take between 3 to 4 months (3 – 4 treatments) to remove all shaved stubble from all hair follicles in the treated area as it take this long to go through all the catagen and telogen stages of hair growth.

For **Face Waxing** we predominantly use “strip” wax and cloth to remove unwanted hair.
We always apply oil prior to waxing – this ensures the wax does not stick to your skin and therefore will not accidentally be pulled off along with your unwanted hair.
For very stubborn hair we use “hot” wax. We have had extremely strong hair that has required removal with tweezing due to the strength of the hair roots.

**How do we use strip wax?**

Strip wax is a thin sticky resin syrup

* Strip wax is either applied with a spatula or with roller applicators
* A small piece of fabric is used to press on to the resin sticky wax and with a quick pull in the opposite direction to the hair growth - we quickly pull off the wax and the hairs trapped inside the resin.
* Works best on fine hairs and tight firm skin.
* We apply our hands on to the treated area to alleviate the initial sting.
* We then move to the next patch of treatment area.
* Once all the area is treated we will then apply aftercare to soothe the skin.

**How do we use Hot Wax**

**Hot wax** is a thick paste that sets solid as it cools

* Hot wax is applied as a thick layer on to your skin and hairs with a spatula into a patch.
* Hot wax is better for coarse hairs (bikini, underarm, and chest hair)
* We apply the wax in the direction of the growth
* We allow the wax to set slightly – can take 30 – 45 seconds to set firm enough to remove
* We flick up an edge and grasp and pull the wax off in the opposite direction to the hair growth
* We quickly press our hand on to the treated area to alleviate the initial sting
* We then move to the next patch of treatment area.
* Once all the area is treated we will then apply aftercare to soothe the skin.

**Contraindications**

You CAN NOT have waxing if you are

* On Roacutane Drugs or Retin A – skin becomes very thin & will be ripped off.
* Sunburnt or have any kind of skin injury or disease present.
* Any skin infections – bacterial, fungal, viral, skin parasites.
* Skin Wounds – cuts, bruising, scars, abrasions, allergies, sunburn, inflammation, rashes, recent operations.
* Varicose veins, diabetes, loss of sensation.

**Prior to Waxing**

* Shower as normal the day of your appointment
* Remember to apply a layer of body lotion.
* Moisturised skin keeps your skin moist and soft and a fine layer of oil helps prevent the wax sticking to your skin.
* You will find waxing less painful if we are NOT removing a layer of your skin as well as your hair.
* To avoid ingrown hairs have a soak (either in the bath or swimming pool) in the week prior to your wax appointment and give your skin an intense scrub to lift any stubborn skin covering ingrown hairs. This is usually required on your shins.
* Regular application of body lotion and body oil helps prevent ingrown hairs from beginning.
* Wear soft and easily removed clothing to your waxing appointment.

**WAXING FOR THE FIRST TIME**

**Prior to waxing**

Your hair needs to be grown to a length at least  ½  cm long

If you are shaving, you will need to grow your hair a minimum of 2 weeks.

**On Entry to the appointed wax room with your Beauty Therapist**

Your treatment bed will be covered with a sheet for you to lie on.

You will be asked to remove any clothing covering the area to be waxed.

If you feel shy, you may ask for a towel or sheet, and wish to cover yourself.

**How waxing is done**

**There are different types of hair removing wax and methods of removing these waxes.**

* **Hot wax** –a thick paste that sets solid as it cools – coarse hairs (bikini, underarm).
* **Strip wax** – a thin sticky resin syrup that requires a cloth to pull it off - fine hairs.
* A bottle with a roller head – very efficient & thin layer over a large area.
* A spatula allows your therapist to apply a thin scrape of wax on a small area.

**Immediately after your wax**

* Your Therapist will finish waxing and has removed any visible hairs from the treatment area.
* Your Therapist may need to tweeze any hairs that have escaped removal by wax.
* Your Therapist will apply a small amount of lavender essential oil (mixed with Jojoba oil) and massage this oil mix into your skin and open pores where your hair was removed. – This lavender oil acts as an antiseptic, soothes the area with its cooling effect and is an excellent hair retardant that slows the return and decreases the size and thickness of the next hairs to grow in the treated area.
* Your Therapist may need to wipe your skin with a cloth or hot towel to remove any excess residue of oils or stickiness of wax.
* It is imperative that great care is taken of your waxed area for the next 8 hours – as it now has thousands of tiny open pores (or wounds) where infection can enter very easily. It is also very sensitive and needs lots of TLC.

**Aftercare - During the following 8-12 hours**

* Use antiseptic cream during the following 8 hours to aid healing.
* Apply oil to dissolve any wax residues, especially prior to your shower.
* Do have a shower before going to bed to remove any sticky residue.
* Apply cold compress or “flannel” if waxed area is hot or swollen.
* Your skin may react to the plucking action of waxing – a histamine reaction.
* You may need to take an anti-histamine if you have a strong skin reaction.
* Do not scratch or touch skin to avoid cross contamination and infection.
* Do not use “old” body moisturisers – they may be contaminated.
* Do not go swimming – especially public pools.
* Do not sun bathe or use a sun bed (also avoid heat  - saunas, hot bath).
* Do not scrub waxed area with harsh loofahs or rough mitts.
* Do not do any vigorous exercise after waxing – avoid skin friction.

**Home care**

Once your skin has recovered from waxing, the area is then left alone to allow the hairs to regrow, usually taking the next 4 to 10 weeks. Depending on how quickly your hairs regrow determines when you  need to arrange your next waxing appointment.

The average time gap between waxing varies upon which area in question.

Face waxing            2 to 5 weeks

Underarm               3 to 6 weeks

Lower legs              4 to 5 weeks

Thighs                     6 to 8 weeks

Bikini wax               3 to 6 weeks

Brazilian wax         4 to 6 weeks

Back Wax               4 to 8 weeks

Chest wax              4 to 8 weeks

* Moisturise your skin regularly to keep it soft and easier for your hairs to break through as they begin to grow and exit your skin. (see ingrown hairs over).
* Occasionally loofah your skin to stimulate the health of your skin (eg. legs).
* Avoid shaving or cutting your new growth before your next wax. Stubble is very hard to remove and we can not guarantee a successful outcome at your next wax treatment and we will not successfully remove your unwanted hair!

**In-Grown Hairs**

During the weeks following your wax and until your next wax, the area waxed may develop ingrown hairs – new hairs that cannot get out of the skin properly and continue to grow under the skin – burrowing visibly either in a straight line or in a small circle - sometimes just under a single layer of skin or under deeper layers of skin.

Our recommended Ingrown Hair Remedies are “**Skin Source** “or “**Folisan**” which contain  Salicylic Acid that gently dissolves the top layers of skin and is great at controlling bacterial infection and encouraging healing.

Ingrown hairs can be caused by a few different reasons

1.  The hair has become too fine and soft (a side effect of waxing) to push itself through a **tough dry** layer of skin – solution – moisturise the affected area.

2.   The hair may be very curly and curves down back into the skin before exiting the hair follicle –solution - a gentle skin peeling solution “**Skin Source**”.

3.   Using a rough loofah or brush to rub the skin and cause slight wounds to your skin which then heal and close the hair follicle opening. Stop using the loofah and be gentle with your skin, moisturise and use “**Skin Source**” to open hair follicles more gently than the loofah.

4.   Sometimes if the hairs were previously shaved with a multi-blade razor, the cut hair can get trapped under the skin. If you have shaved, you may also have shaved in the wrong direction, cutting the hair follicle opening and the resulting wound heals but heals closing the hair follicle opening. This often takes quite a while to sort itself out and requires constant vigilance and continued long term use of “**Skin Source**” to resolve.

Most times the ingrown hair remains visible and continues to just grow longer.

Sometimes the ingrown hair becomes like a “blackhead” with a plug of sebum.

Sometimes the ingrown hair becomes inflamed and “nasty”, even developing into a boil.

1.       The hair may need help and the ingrown hair is plucked out of the skin.

2.       If it looks like a blackhead, a gentle squeeze is all it may need.

3.       If the ingrown hair becomes inflamed and nasty it is important to do the right medical thing. You must avoid infection and encourage healing.

4.       If necessary contact us ASAP, we help to get them out and heal them quickly.

5.       If the “boil” becomes too serious, visit your doctor for antibiotics ASAP.

6.       If ingrown hairs are left too long, permanent scar tissue can result

**Areas Waxed**

**Arm Waxing**

Finger Wax - Knuckles and fingers

Hand waxing - Knuckles and back of hand

Underarm - Hair in the arm pit

Forearm - from approx 10cm above elbow to fingers

Full Arm Wax - from shoulder to fingers

**Leg Waxing**

Shin Wax - between knee and ankle front only (not back)

Half Leg - from above the knee to toes

Thigh wax - from groin to below knee

¾ leg - from mid thigh to toes

Full Leg - from groin to toes

Back of Thigh - back of thighs only

**Bikini and Brazilian Bikini’s**

Bikini Wax - outside groin and top of the thigh (areas of skin exposed with underwear or swimsuit)

Extended Bik - slightly inside groin/ underwear or further down the thigh area (areas of skin exposed by skimpy underwear)

Brazilian Bik - from the groin and removal of hair from the labia or inner bikini area (vagina). Request either a small strip or a triangle of hair left on the Mons area.

Hollywood Bik - from the groin, pubic (Mons) and Labia (vagina)

Bronx Bik - similar to the Brazilian but including removal of hair from anus area

XXX Bik - similar to Hollywood but including removal of hair from anus

Buttocks - buttock cheeks – waist line to top of back of thighs

**Face wax areas**

Brow Tidy - around your eyebrows – between, above and below brows

Lip - over the upper lip and lower lip area

Chin - over chin & throat below your mouth

Side burns - side of face in front of ears

Jaw Line - across jaw & chin and throat area

Full Face - all of the above

**Body wax areas**

**Front of body areas**

Chest - neck line to below nipple area

Stomach - from nipple to below tummy button

Front - Chest & Stomach combined – neck line to below tummy button

**Back of body areas**

Back of neck - around neck below hair line visible above clothing

Shoulders - neckline to mid back over shoulder blades

Lower back - from mid back to underwear waistline

Back wax - entire back – neckline to underwear waistline

**Body**

Torso - front & back – neckline to underwear waistline

Upper body - torso & arms – front, back & full arms

Body - torso & legs – front, back, legs & buttocks

Full Body - torso, full arms, legs & buttocks