

# loft skin + beauty

## PRIOR to your Waxing Treatment

1. Let your therapist know of any changes in your medical history, medications and/ or supplements.
2. Hair must be approximately the length of a grain of rice (0.5-1cm long).
3. Gently exfoliate the skin with a face cloth or exfoliating glove the night before your treatment.
4. Ensure you are not sunburnt prior to your appointment.
5. Waxing should be performed before any tanning procedures. Allow 24 hours after waxing before booking a spray tan and self tan products.
6. Facial Waxing: Allow 1-2 weeks after having advanced skin treatments such as peels, microdermabrasion and skin needling in the area being treated. Discontinue the use of products containing Vitamin A/Retinol for 24 hours prior to your treatment. Discontinue the use of topical prescription Vitamin A for 14 days prior to treatment.
7. Waxing appointments vary in length and are an estimate. If you are scheduled for a 30 minute treatment, you may be out sooner. We want to make it as quick and painless for you as possible.

## POST Waxing Treatment

1. Avoid heat (excessive exercise, hot tubs, saunas, swimming etc.) for 24 hours.
2. Allow exercise, including swimming to prevent any excess sweating for 24 hours.
3. Do not exfoliate for 3 days post treatment.
4. Avoid skin irritants and actives (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) for 72 hours post-treatment in the area.
5. Your skin will be more sensitive to the sun. You must use a broad spectrum (UVA/UVB) sunscreen of a minimum of SPF 30+ daily and avoid sun exposure.
6. If you suffer from ingrown hairs, we highly recommend our PFB Vanish roll on treatment serum (available in store + online).

If you have any questions, or experience any other side effects from the treatment not listed on this page, please contact us on 09 630 8208

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