



ASHMIRA BOTANICA

Waxing Advice



Your next appointment

**Beautiful**  
hair free skin  
starts here...



## Top tips to get the best from your waxing treatments.

### Before waxing

- Your hair needs to be at least ½ cm long for us to wax successfully. Come and see us every 4-6 weeks and no tweezing, shaving or hair removal creams between appointments, please.
- Avoid using chemical exfoliants (AHA or BHA products) 48 hours prior to waxing.
- No sunbathing, sunbeds or heat treatments for 24 hours beforehand.
- Do not use bath oils or apply heavy body lotions on the day of your treatment.

### After waxing

It is quite normal for your skin to look and feel a little irritated immediately after waxing, especially if this is your first treatment. This will subside over the next day or so, but please get in touch if you have any questions.

- Keep your freshly waxed skin clean and avoid heat and friction for 24-48 hours.
- Only take cool baths or showers during this time.
- No vigorous exercise, sport, swimming or gym work.
- Avoid touching, scratching or rubbing the treated area.
- No sexual activity immediately after intimate waxing.
- No sunbathing, sunbeds or self-tanning products until all redness has gone.
- Wear clean, loose-fitting clothing for your comfort.
- Apply a soothing lotion as recommended by your therapist to calm and protect the waxed skin. Ensure you use a sunscreen on any exposed areas.
- Starting a few days after your treatment, use a body scrub, brush or mitt to gently exfoliate your skin 3-4 times a week. Couple with a daily moisturising lotion to help prevent ingrown hairs.

## Thank you for choosing us for your waxing treatment.

The following Ashmira Botanica products will help improve your waxing experience and can be purchased from your therapist.

### Replenishing Body Lotion

Use this silky, plant-based moisturising lotion every day between salon appointments to keep your skin in top condition. Botanical extracts proven to slow hair re-growth provide additional benefits for regular waxers, while the uplifting fragrance of mandarin and basil will delight your senses.

### Comfort Balm

Designed specifically for more delicate areas following hair removal, such as the face, bikini and underarms. This fragrance-free balm is enriched with aloe vera, shea butter and panthenol to quickly soothe and protect sensitive skin. Regular use at home can slow hair re-growth and help prevent ingrowns.

### Protective Face Cream with SPF15

A blend of physical and chemical sunscreens, purslane extract and vitamin E protect exposed areas of skin after hair removal and tackle the little white spots which can appear on the upper lip, chin, cheeks and brows after waxing. Apply regularly to soothe and calm the skin and protect against sunburn and hyper-pigmentation.

### Nourishing Body Oil

A light, conditioning oil in a handy spray formula to comfort and hydrate dry skin. Argan, hazel seed and sunflower oils will leave your skin feeling soft, supple and delicately fragranced with the scent of mandarin and basil.

### Purifying Skin Spritz

Apply 2-3 times a day to prevent and treat bumps and pimples that appear on the back, chest, legs and arms after waxing. With effective anti-inflammatory and exfoliating ingredients to combat breakouts, this cooling mist may also be used in conjunction with our Multi-Active Ingrown Serum to tackle troublesome ingrown hairs.

### Multi-Active Ingrown Serum

This triple action roller will help beat post-wax bumps and ingrown hairs, inhibit re-growth and minimise the appearance of dark spots. Apply directly to the affected area up to 3 times a day until improvement is seen.

### Daily Concept Stretch Wash Cloth

Get to hard to reach places with this stretch wash cloth that stretches to three times its size. Made from natural cotton to gently but thoroughly exfoliate your skin and help prevent ingrown hairs.

### Daily Concepts Exfoliating Body Buffer

A dual sided gentle buffer for the more sensitive parts of your body to help prevent ingrown hairs and leave your skin silky smooth and soft.

*NB Both the Stretch Wash Cloth and Exfoliating Body Scrubber have a smart technology label with an indicator which fades when it is time to replace it.*

