

THE GROVE SPA

& BOUTIQUE

Body Waxing Pre-Treatment

Waxing removes hair by the follicle. It removes the entire hair, which means that preparing your skin is essential to avoid waxing bumps and irritated skin. In our experience, a less-than-perfect waxing result is often the end stage of bad prep. Also, prepping your skin ensures that you can enjoy beach-ready skin for many weeks.

2 - 3 Weeks Before:

- For the best (and most painless) results, your hair should be roughly 0.5 cm long before waxing so that the wax can grip and remove it easily. For most people, this is roughly 2-3 weeks' growth. If the hair is too short, the wax will have a tough time sticking to the hair, and if it's too long, it could make the treatment a little uncomfortable.

48 Hours Before:

- Gently exfoliate your skin with a body scrub and mitt. This banishes any dead skin cells that are clogging your pores and loosens any trapped hairs that could otherwise remain stubbornly attached during your treatment. It's best to do it a couple of days in advance so that you don't irritate the skin right before your wax.

Contraindications:

- Sunburnt skin
- Use of sunbeds 48 hours before waxing
- Retinol, AHAs, and benzoyl peroxide 5 days prior to waxing
- Prescription acne medication and Accutane

