

Hair Removal Consultation

Date: _____

Name: _____ Date of Birth: _____

Have you used any Alpha Hydroxy Acids (AHA) or Glycolic products in the past 48-72 hours? **Yes No**

Are you using Retin-A, Renova or Accutane (an oral form of Retin-A) **Yes No**

Are you using any other skin thinning products and or drugs? **Yes No**

Are you exposed to the sun on a daily basis? **Yes No**

Are you planning to spend more time in the sun soon? **Yes No**

Do you use a tanning bed? **Yes No**

Are you diabetic? **Yes No**

Are you taking medications? Please list all (including over-the-counter medications and supplements):

What skin products do you regularly use on your skin?

Have you ever been treated for cancer? If yes, when and what types of therapies were used?

Please list any other illness/condition you are currently being treated for by a medical professional:

Female Clients only:

When is your next menstrual cycle due to begin? _____

(Always allow five days for the menstrual cycle. Because of water retention and for your own personal comfort, you should avoid hair removal two days before your cycle is due and two days after it is completed)

Please note that Waxing does have certain side effects such as skin removal, redness, swelling, tenderness, etc.

I have read the above information and if I have any concerns I will address these with my skin therapist. I give permission to my therapist to perform the waxing procedure we have discussed and will hold her and the spa harmless from any liability that may result from this treatment. I have given an accurate account of the questions asked and above including all known allergies or prescription drugs or products I am currently ingesting or using topically. I understand my esthetician will take every precaution to minimize or eliminate negative reactions as much as possible.

I have read and understand the post-treatment home care instructions. I am willing to follow recommendations made by my esthetician for a home care regimen that can minimize or eliminate possible negative reactions. In the event that I may have additional questions or concerns regarding my treatment or suggested home product/post-treatment care, I will consult the esthetician immediately.

I agree that this constitutes full disclosure and that it supersedes any previous verbal or written disclosures. I certify that I have read and fully understand the above paragraphs and that I have had sufficient opportunity for discussion to have any questions answered. I understand the procedure and accept the risks. I do not hold the esthetician, whose signature appears below, responsible for any of my conditions that were present, but not disclosed at the time of the procedure, which may be affected by the treatment performed today.

Client Name: _____

Client Signature: _____ **Date:** _____

Esthetician: _____ **Date:** _____

WAXING PRECAUTIONS

Please note that waxing may have certain side effects such as skin removal, bleeding, redness, swelling, hives, pimples, ingrown hair and tenderness

Redness or inflammation:

One of the most common problems after waxing is redness or inflammation on the skin. One of the reasons behind it may be the ingredients present in wax. If you are allergic to a particular ingredient of wax, it is highly possible that you will develop redness or inflammation on your face after using it. You should avoid waxing after intake of caffeinated drinks or alcohol. These drinks stimulate the skin and make it more vulnerable to waxing. You may face more soreness and redness on your face.

Skin Irritation:

If the skin is irritated after waxing, you should sooth your skin. You can use cool compresses like ice cubes on your skin or use some soothing lotions. Aloe-Vera gel can also be applied to sooth the skin. Red rashes (also known as a histamine reaction), sore skin, *pimples and ingrown hair are very common problem, and fade away fast or in some cases in one or two days. However, if these side effects last longer, you should avoid waxing of your face. (*see below)

Change in Skin Color:

Some women skin become sensitive after waxing. The skin may turn darker after waxing in one or two days. If such is the case, your skin might be very sensitive to sun. You should use sunscreen with high SPF in such case. You should also avoid going into sun for one or two days after waxing.

Infection (Bacterial Reaction):

Waxing on face may leave pores of face wide open. This in turn makes your face more susceptible to bacteria and cause infection. You should clean your face thoroughly after waxing.

Cleanse again. If you are at home, apply witch hazel, which has antiseptic properties with a cotton ball or square. Keep it clean. If you are at home, scrub your hands and nails thoroughly with warm water and soap. Put on disposable gloves, which will keep things more sanitary and make less clean up.

Try this:

Finipil is specifically made to be used after removing hair. It is said to kill 99.999% of germs therefore preventing infection in the empty hair follicle.

Do not touch. Remember, you are more susceptible to infection after removing the hair follicle; fingers will put oil and bacteria on the skin.

Exfoliate again. Lightly exfoliate the next day, unless you are red or tender. Continuing to exfoliate regularly will help ward off pimples and ingrown hair.

Beware of your spa habits. Stay away from pedicures if you had a leg wax, and saunas and whirlpool with any type of waxing for the next two days. If you had body waxing, stick to a shower rather than a bath for the rest of the day.

Do not exercise. Doing anything that is going to make you sweat that day should be avoided.

Tight is not good. Stay clear of tight clothing where you had the waxing for the next few days.

Do not even think of popping. If you do get a pimple, resist the urge to pop it as this spreads the bacteria and can encourage more pimples. Instead, apply a tiny bit of tea tree oil, or your other favorite pimple-killing product.

Ingrown Hair:

One of the other problems related with waxing is ingrown hairs. Because waxing does not remove all hair follicle from root, this becomes a common problem after waxing. To avoid such problem, you should exfoliate your skin gently before waxing. You should also do gentle exfoliating after a day of waxing.

Exfoliate before and after. Exfoliating lightly with an ayate cloth or other mild exfoliator before ridding hair helps remove dead skin cells allowing a better and an easier service. Gently exfoliating a day after the wax and continuing to do so, a couple times a week depending on your skin and hair type this will help keep dead skin cells out of the follicle. When the hair does start coming back, this helps it pointing up instead of going back into the skin. Stop them before they start. Many products are created to help fight and prevent ingrown hairs before they appear, containing exfoliating and moisturizing properties. Preventing them before they appear is much easier than tackling the redness and bumps later on. Exfoliate then Moisturize.

Stay away from tight fitting clothes. If you have gotten any type of body waxing then you want the skin to be able to 'breathe' so to speak, rather than be constricted. Not only can tight clothes irritate freshly waxed areas, weeks later, it can encourage the hair to grow back into the skin causing the ingrown hairs.