8 Commandments of Waxing

Wait a month between waxing visits? Cheek. Pop a pre-appointment Advil? Duh. We all know the basics, but here are the tricks you don’t know.

Schedule Strategically
Go a week or two after your period, says dermatologist in Los Angeles. Also, if you are planning a manicure or pedicure, make sure to do it before your waxing appointment, as ingrown hairs are common after these procedures.

Prevent Ingrowns
To prevent bumps, try using a product like Bio Oil Blemish Clearing Acne Skin to help reduce the risk of ingrown hairs. Alternatively, you can use a high-quality exfoliant like Gentle Exfoliating Body Wash from Neutrogena to keep your skin smooth and clear.

Ban Rays
Up your SPF level on your most exposed areas, especially during the summer months. We recommend SPF 70 from L’Oréal Paris for maximum protection.

Get Milk
Combat waxing-induced dryness by mixing half a cup of milk with a tablespoon of honey and applying it to your skin before your waxing appointment. You can also use a product like Advanced Therapy Healing Balm from ALOE VERA to soothe and nourish your skin.

Pick Your Process
First things first: Choose your hair-removal method and stick to it. If you’re treating an area with lasers, don’t wax there between appointments — you don’t want to disturb the roots. “The root of the hair is the target, so it must be present during treatment,” explains Paul Jarrod Frank, a cosmetic dermatologist in New York City. “If you remove the follicle by waxing or tweezing, the laser will not work.”

Exfoliate Gently the Night Before
Scrubbing will do away with those dead skin cells that can clog hair follicles and result in ingrowns. Try a gentle exfoliant like Pink Grapefruit Body Polish from The Body Shop, which will clear pores and follicles. If you have a salicylic acid facial scrub, it’s fine to use around your bikini area.

Lola Gomes, an esthetician at the Rita Hazan Salon in New York City, sees great results with her patients who use a gentle loofah, such as Earth Therapeutics Loofah Bath Pad.

Know Your Retinoids
Retinoids and waxing are both forms of exfoliation. For regular retinol users — who generally have fewer dead skin cells on their skin — lip, eyebrow, or any facial waxing can strip away part of the epidermis, resulting in abrasion. Hold off on waxing in your first few weeks of using retinols. Retinoids “can contribute to increased skin fragility,” says dermatologist Craig Kräffert, who stresses that if you do expose skin to both retinoids and waxing, use caution — though he advises patients to stop prescription retinoid treatments for one week before waxing. Wu also asks her patients to avoid retinoids until redness has subsided.
Repeat

“If you want to decrease the level of discomfort over time, become a frequent waxer,” says Noemi Grupenmager, the CEO and founder of Uni K Wax Centers. “The more you wax, the less you will need to wax, as waxing reduces the strength of the hair follicle.” Over time, hair regrowth will become sparser.

- Courtesy Allure.com