



WAXING

AFTERCARE + CONSENT FORM

Procedural Description

Waxing is a very popular and widely used method for semi-permanent hair removal. As the name implies, the process involves the use of wax to remove hair from the root, leaving smooth, hair-less skin in its place. Waxing is a quick, affordable, and safe way of removing hair from most areas of the body including the upper lip, eyebrows, chin, underarms and arms, as well as legs and bikini areas. Waxing not only rejuvenates the skin but also eliminates dead skin cells, offering an effective exfoliating treatment.

Our waxing specialists are dedicated to delivering the highest standard of service available to you. Equipped with market-leading products and the latest hair removal techniques, you will always walk out of our studio with unbelievably smooth results. While shaving cuts the hair at the skin's surface, waxing is a semi-permanent hair removal procedure that pulls the entire hair follicle out by its root. If done consistently, your hair will grow back slower, softer, and sparser. Here at Honey Skincare Studio, we use custom-blended hard wax from Starpil, the best wax distributor in the USA. This premium wax is gently applied in an anatomically-correct pattern to ensure your utmost comfort during treatment. The greatest advantage to waxing is found in the length of time that unwanted hair stays away. You can expect your results to last for approximately 3-6 weeks. Results are immediate. Once the wax is removed, you are left with smooth, hairless skin in the treated area.

Waxing can be done on almost anyone. We do suggest that hair follicles in the treated area are at least ¼ inch in length, that you do not shave the treated area prior to waxing, and that you refrain from the use of retinol at least 4 days prior to waxing. If you are taking Retin A or Accutane, waxing services cannot be performed, but eyebrow shaping with tweezing the hairs can be considered. Skincare products that contain glycolic acids or alpha hydroxy acids must be discontinued 3-5 days before the waxing service.

Before Your Treatment

- Bath or shower on the day of your appointment to open up follicles, allowing for easier hair removal.
- Do not apply any deodorants, make-up, lotions, soaps, powders, perfumes, or self-tanning products to the area to be waxed.
- If you have been shaving, allow a minimum of 2-3 weeks or ¼ inch of hair growth.
- Trim bikini hair before your appointment. Longer hair can be more painful to wax.
- Schedule your wax 3-4 days before beach and poolside jaunts if you plan to sunbathe.
- Avoid heat. No tanning beds, hot tubs, and saunas before your appointment.
- Wear loose comfortable clothing to prevent irritation after waxing.
- Exfoliate the waxing area 24-48 hours before your appointment. This will keep the skin soft and smoother and prevent ingrown hairs.

What to Expect During the Treatment

- It's normal immediately after your wax for a little bit of redness and a prickly heat-type rash to appear. This should disappear after a few hours and is normally due to a histamine reaction. Because waxing removes the hair at the root, it's important that you keep the area clean and bacteria-free. A soothing aftercare product like phyto-corrective gel or aloe can be applied.
- 3-10 Days after waxing: As your skin closes over the follicles, the next consideration is to ensure you prevent ingrown hairs. This is when new, often softer hair can get trapped under the skin. Three simple measures can easily avoid this situation:
 - Step 1: Exfoliate manually. For example, use a dry body brush before showering or a microdermabrasion scrub.
 - Step 2: Exfoliate with a wash or toner that has AHA/BHA in the treated area.
 - Step 3: Moisturize with a lotion that has active softening ingredients in it. We recommend and sell "The Perfect Body Lotion" which contains 15% Glycolic Acid, which exfoliates and brightens skin. Master antioxidant Glutathione lightens pigmentation, and retinol increases cellular turnover for smoother, firmer, youthful skin.
- If you're a first-time or occasional waxer you will likely notice some new hair growth within 2-3 weeks due to the naturally staggered hair growth cycle. This part of regrowth will be sparse, with about one-third of the hair normally present. Soon after, the remaining hair will begin growing in.
- Regular waxing will leave the area hair free for 3 - 6 weeks. Over time the density of hair in the waxed area may start to decrease as well.

Post-Treatment Instructions

- For the first 24 hours after a waxing service, avoid the following to prevent irritating the skin:
 - Touching or scratching the waxed area
 - Exfoliating the waxed area
 - We suggest you rather shower in a cold temperature. Ensure the water runs off the waxed area and you do not wash or scrub this area
 - Perspiration and friction on the waxed area
 - Saunas and steam rooms
 - Exercise, gyms, and swimming
 - Sunbathing, sunbeds, or any sunlight and UV exposure. Sweat can infect open follicles and heat can irritate the waxed area. Remember to book your wax 2 days before you go on holiday, to allow the follicles enough time to close and the skin to calm down
 - Applying products to the waxed area such as deodorants, make-up, lotions, soaps, powders, perfumes, self-tanning products, etc.
 - Tight-fitted clothing that may cause friction to the waxed area
- To soothe and calm the skin, we suggest regularly applying an Aloe Vera gel. This will rehydrate the skin and soothe any discomfort you may experience. Tea tree oil can also be applied to the area for its antibacterial properties in ensuring the area remains bacteria-free.
- Remember, it is important to keep the area clean and dry for 48 hours after your appointment.
- 3-10 days after your waxing service, you need to ensure you prevent ingrown hairs. The skin will close over the follicles and new hair may get trapped causing ingrown hairs.
- Gently exfoliate 2-3 times a week with a body scrub. Start this routine 2-3 days after the waxing treatment. It is essential that you perform this routine between days 3-10 after your wax service. Remember to not over-exfoliate as this can cause damage to the skin.
- Follow your exfoliation with an enriching and nourishing moisturizer. This process will prevent ingrown hairs and ensure that your next wax is easier and a little less painful.
- It is important that you plan your waxing treatments. Your maintenance schedule will depend on your hormones, your natural hair growth cycle, and other requirements. You will notice that new hair will start to grow back within 2-3 weeks. We suggest follow-up appointments 3-4 weeks for facial waxing and 4-6 weeks for body waxing.

Waxing Consent Form

I have been advised the service(s) provided to me by this salon could have unfavorable results including, but not limited to: allergic reaction, irritation, burning, redness, soreness, etc. I am aware that certain medications and over-the-counter products can significantly increase the risk of injury when combined with skin care services. I understand that Honey Skincare Studio does not recommend skin care services for customers using Retin-A, Accutane, and products contacting alpha hydroxyl, or any other skin thinning treatments. I hereby confirm that I am not using any medications that may cause or contribute to such injury/reaction, and I will advise my esthetician should I use any such medications in the future. I understand there are often inherent risks associated with skin care services, and I agree that as a condition of providing these services on an ongoing basis, I will not hold Honey Skincare Studio liable. Although good results are expected, there cannot be any guarantee or warranty expressed or implied with regard to the results that may be obtained. I understand that the following are among the expected side effects of Waxing:

Blood and circulatory disorders-

Blood and circulatory disorders, particularly those that cause easy bruising (e.g., thrombosis) are contraindicated.

Cancer treatments-

Chemotherapy and radiation may cause increased sensitivity. It would be advisable to wait until 6 weeks after the last cancer treatment or your doctor's recommendation or approval.

Epilepsy-

Epilepsy is contraindicated unless it has been controlled for a long period and with medication that does not cause easy bruising. A physician's approval must be obtained before the waxing service.

Diabetes-

The client with diabetes should consult with the physician for the degree of severity and the degree of healing.

Fractures and sprains-

The area of fracture or sprain should not be waxed until it is completely healed.

Hemophilia-

Clients with hemophilia should not be waxed, because bleeding can occur. Especially when removing a high percentage of anagen hairs. The removal of anagen hairs breaks the cycle of blood flow to the dermal papilla and causes bleeding in the follicle.

Herpes, herpes simplex (cold sore)-

Clients with herpes should not be waxed during active outbreaks. Prophylactic medication should be taken before waxing. Inflamed or irritated skin-Inflamed or irritated skin should not be waxed.

Lack of skin sensations-

The lack of skin sensation can be due to circulatory problems arising from heart disease, diabetes, or multiple sclerosis. There can be an increased risk of burning, injury, or infection. These clients should not be waxed.

Lupus-

Those with mild forms of lupus and not presenting with the rash on the areas to be waxed can be waxed, but it is not advisable.

Moles, skin tags, and warts-

All moles, skin tags, and warts should be avoided. Any mole that looks suspicious: has any of the pre-cancer signs of size, shape, and color; or has hair growing out of it should not be waxed without the permission of a physician.

Skin disorder conditions-

Skin disorder conditions like eczema, seborrhea, and psoriasis may be waxed depending on severity. Minimal flakiness of dead skin cells can be waxed, but not if the skin is broken. In mild cases, the skin may benefit from the exfoliating properties of waxing, but in more advanced stages, broken skin could result.

Pregnancy-

There is nothing intrinsically wrong with waxing the bikini area on the pregnant client, but judgment should be made by both parties. If the pregnant client is considered high-risk or has high blood pressure or anxiety, it is better to avoid waxing. If the areas to be waxed take more than 20 minutes of the client lying flat on her back, then the client should wait until after the birth of the baby. Even though there are no recorded cases of infants being harmed because their mothers received wax service, prolonged time flat on the back could deplete oxygen to the fetus.

Scar tissue-

No scar tissue, including keloids, should be waxed over.

Sunburn-

Sunburned areas should not be waxed. Any such area must have healed completely.

Varicose veins-

Must not wax over the varicose veins but may wax surrounding areas.

I acknowledge the following has been discussed with me:

- Waxing can have certain side effects such as skin removal, redness, swelling, tenderness, etc. Medications, medical conditions, and lifestyle choices can cause thin, sensitive skin which is more vulnerable to lifting and sensitivity during waxing.
- I understand while there is no medical evidence to suggest that waxing can harm an unborn child, it is wise to err on the side of safety during the first trimester of pregnancy. No waxing treatments are to be performed during that time.
- I understand There are always sensitive skin varieties with terminal hair (deeply rooted thick hair) that react traumatically when waxed. Such reactions may include small whiteheads, blisters, and perhaps welts. The skin may itch and we recommend you take Benedryl and apply Calamine lotion or Aquaphor (always check with your doctor first if you can take these over-the-counter medications) until symptoms subside, normally 72 hours after waxing, it is very important to avoid direct sun exposure the first 3 days after being waxed to prevent blistering, scabbing, hyperpigmentation, and blotchy skin.
- Financial Responsibilities - This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.

For women of childbearing age: By signing below I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM FOR THE TREATMENT OF ACNE AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

SIGNATURE:

DATE:
