

## Let's talk about intimate waxing



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Popular with both men and women, waxing effectively pulls the hair out from the root. Waxing lasts longer than some other methods of hair removal, such as depilatory creams and shaving which simply break the hair off at the surface of the skin. There are several types of personal waxing:



**Playboy:** waxing involves the removal of hair from the groin, vagina including labia (lips), buttocks and the anal area. The entire area will be hairless.

**Brazilian:** waxing involves the removal of hair from the groin (leaving a desired strip of varying shapes), buttocks and the anal area.

**Bikini:** waxing involves the removal of hair from the groin (bikini line) only.

### What you need to know

#### Before Waxing:

1. Disclose your medical history. Some medications and medical conditions can cause issues with waxing. Brazilian waxing is not recommended for people with skin conditions such as psoriasis or eczema, which can be aggravated by waxing. People with diabetes can have severe or even life-threatening problems arise because their immune systems are already compromised.
2. To prevent a risk to your health, only go to a trusted place with proper waxing sterilization methods.
3. Never book your appointment just before a function; your skin will react and will need some time to calm and settle.
4. If you worry about pain, take one or two Ibuprofen about an hour before waxing to lessen the pain.
5. Hair must be a minimum of one-quarter inch long before a professional will wax you.
6. Do shower before your appointment.
7. Do not schedule during menstruation; the area is much more sensitive then.
8. Use a loofah to exfoliate the area prior to appointment.

#### After Waxing:

1. Wear loose clothing because genital area skin is more delicate than other areas and is more prone to edema [swelling] and infection.
2. Avoid saunas, steam rooms, whirlpools and other heated sources for at least 48 hours; your pores are open and ready for bacteria.
3. Warm water bath or shower only to allow area to calm.
4. Do not use exfoliating products such as AHAs, scrubs or loofah for at least 24 hours after waxing; they might further irritate your skin.
5. Do not have sex for at least 10 hours to allow the area to calm.
6. An annoying consequence of shaving and waxing occurs when a hair curls into the skin and grows in the wrong direction, resulting in a red, irritated bump that can become infected. To help avoid ingrown hairs, I recommend using a loofah or body brush regularly after 24 hours.
7. Wait at least 24 hours before exposing the area to sun; recent waxed areas are prone to hyperpigmentation (permanent darkening of the skin).
8. Do not participate in any strenuous exercise; perspiration will aggravate the area.

Email me if you have any questions or to suggest a topic to discuss. ■