



*Serenity Health & Wellness Center*  
*Hair Removal Service Information*

**How to Prepare**

- ❖ For best results, it is recommended that the hair to be removed is grown or trimmed to approximately  $\frac{1}{4}$  to  $\frac{1}{2}$  inch in length.
- ❖ The use of **hot tubs, tanning beds, or swimming pools** should be avoided for at least 24 hours prior to your scheduled service.
- ❖ Avoid use of skin exfoliants or alpha hydroxyl acid products, including salicylic acid and glycolic acid products for 48 hours prior to your service.
- ❖ If you are currently taking any medications, please inform your esthetician prior to waxing service as some medications may cause thinning of the skin.
- ❖ Do not consume alcohol, ibuprofen, aspirin, or blood thinners 24 hours prior to your service.

**What to Expect After Waxing Service**

- ❖ Minor redness, swelling or numbness may be experienced for up to 48 hours.
- ❖ Depending upon skin sensitivity, temporary red bumps may be observed following the removal.
- ❖ Follow up services will likely be recommended at the time of your service. If it is your first hair removal service please understand that hair will become finer and easier to remove with each service.

Serenity's estheticians are trained to ensure the highest level of safety and comfort for the client. If at any time you have any questions or concerns please feel free to ask. We look forward to your treatment with us.