

Hello Gorgeous

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www.HelloGorgeousInc.com

SUGARING CLIENT

Before and After Care

Before: Please do not apply any facial, body creams or deodorants to the area to be sugared the day of your treatment. This may cause the removal of hair to be more difficult.
If you are doing a Bikini, Brazilian, or Tarzan we recommend you wear or bring in white cotton underwear.
If you are sugaring your back or chest we recommend you bring a white cotton shirt.
We recommend timing your appointments around your menstrual cycle as you may be more sensitive at this time.
Avoid direct heat such as hot baths or sun tanning the day of your treatment.
Exfoliate the area several times to reduce the amount of the dead skin cells in the area being treated.
Drink no less than 16 ounces of water before your appointment. No caffeine intake for the day is preferable.
Need to have at least a ¼" hair growth in the area that is being treated.
Suggestion to take a muscle relaxer or anything that can relax the body before treatment.

After: If your skin is more sensitive, you may experience temporary redness. This reaction is normal and will disappear within an hour or so after treatment. Try to avoid direct heat such as hot baths or sun tanning immediately following a treatment.
Do not work out after sugaring as excessive perspiration may irritate the skin directly after a treatment.
Excessive perspiration can also harbor bacteria that may cause a skin breakout as a result of open pores from the hair removal service.
Avoid applying any deodorant or make-up to the skin after treatment.