

Anagenesis Beauty Clinic & Spa

Aftercare Instructions

Essential care guidelines for optimal results after your waxing or sugaring treatment

Immediate Care (First 24 Hours)

- ✓ **Keep the area clean** - Avoid touching the treated area with unwashed hands to prevent irritation and infection.
- ✓ **Apply cold compress** - If experiencing redness or swelling, apply a clean cold compress for 10 minutes.
- ✓ **Use soothing products** - Apply aloe vera gel or a recommended post-wax soothing lotion to calm the skin.
- ✓ **Wear loose clothing** - Avoid tight clothing that may cause friction against the treated area.
- ✗ **Avoid heat exposure** - Skip hot showers, saunas, steam rooms, and direct sunlight for at least 24 hours.
- ✗ **No swimming** - Avoid pools, hot tubs, and ocean water for 24-48 hours.
- ✗ **No intense exercise** - Skip workouts that cause excessive sweating for 24 hours.

IMPORTANT: No Sexual Activity

Avoid sexual activity for at least 24 hours after treatment, especially for intimate area waxing. This prevents friction, irritation, and potential infection as your skin is more sensitive and pores are open.

Next 48 Hours

- ✓ **Moisturize** - Keep skin hydrated with a fragrance-free, non-comedogenic moisturizer.
- ✓ **Apply sunscreen** - Use SPF 30+ on exposed treated areas when going outside.
- ✓ **Wear clean, loose clothing** - Especially for intimate areas and underarms.
- ✗ **No perfumed products** - Avoid applying perfumes, scented lotions, or deodorants to the area.
- ✗ **Avoid makeup** - For facial waxing, avoid applying makeup to the area if possible.
- ✗ **No exfoliation** - Don't use scrubs, loofahs, or exfoliating products yet.

Long-term Care

- ✓ **Begin gentle exfoliation** - Start exfoliating 3-4 days after treatment to prevent ingrown hairs. Use a soft scrub or exfoliating mitt.
- ✓ **Moisturize regularly** - Keep skin hydrated to maintain elasticity and prevent dryness.
- ✓ **Schedule regular treatments** - For best results, maintain a regular waxing schedule every 4-6 weeks.
- ✗ **Avoid shaving** - Let hair grow naturally between treatments. Shaving disrupts the hair growth cycle and reduces waxing effectiveness.

Signs of Concern

If you experience severe redness, swelling, pain, or signs of infection that persist beyond 48 hours, do not hesitate contact us.

Questions or concerns?

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