

CLIENT AFTERCARE INSTRUCTIONS

Sugaring Hair Removal

Your skin may feel slightly sensitive after your service. Follow these simple steps to help keep the area calm, clean and comfortable.

FOR THE FIRST 24-48 HOURS

- ☐ Avoid hot baths, hot tubs, saunas and steam rooms.
- ☐ Avoid strenuous exercise or activities that cause heavy sweating.
- ☐ Avoid swimming in pools, lakes or hot tubs.
- ☐ Avoid tanning beds and prolonged sun exposure on the treated area.
- ☐ Avoid fragranced lotions, perfumes, deodorants or harsh products directly on freshly treated skin.
- ☐ Avoid touching, rubbing or scratching the area unnecessarily.

ONGOING CARE

- ☐ Keep the area clean and moisturized with a gentle, non-irritating moisturizer.
- ☐ Begin gentle exfoliation after 48-72 hours, unless your practitioner advises otherwise.
- ☐ Exfoliate approximately 2-3 times per week to help reduce buildup and ingrown hairs.
- ☐ Do not pick at ingrown hairs or irritated follicles.
- ☐ Between appointments, avoid shaving or other hair-removal methods if you want to maintain your SugarBrig schedule.

A little temporary redness can occur after hair removal. If you develop significant swelling, persistent irritation, blistering, signs of infection, or anything that concerns you, contact your practitioner and seek medical advice when appropriate.

NEXT APPOINTMENT

Recommended return date:

Practitioner notes:

Please follow any additional aftercare instructions provided by your practitioner.