

THE GROVE SPA

& BOUTIQUE

Body Waxing Pre-Treatment

Waxing removes hair by the follicle. It removes the entire hair, which means that preparing your skin is essential to avoid waxing bumps and irritated skin. In our experience, a less-than-perfect waxing result is often the end stage of bad prep. Also, prepping your skin ensures that you can enjoy beach-ready skin for many weeks.

Pre Treatment: Before

- For the best (and most painless) results, your hair should be roughly 0.5 cm long before waxing so that the wax can grip and remove it easily. For most people, this is roughly 2-3 weeks' growth. If the hair is too short, the wax will have a tough time sticking to the hair, and if it's too long it could make the treatment a little uncomfortable.
- Gently exfoliate your skin with a body scrub and mitt 48 hours before your appointment. This banishes any dead skin cells that are clogging your pores. Exfoliation also helps to loosen any trapped hairs that could otherwise remain stubbornly attached during your treatment. It's best to do it a couple of days before so that you don't irritate the skin right before your wax.

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com

