

THE GROVE SPA

& BOUTIQUE

Body Waxing Post-Treatment

Please follow this care plan closely in order to see the best results.

Day of Your Appointment:

- Apply Aloe Vera gel to the skin for a cool, soothing effect. Aloe Vera will help to rehydrate the skin and reduce the appearance of waxing bumps. Another great soother is Tea Tree Oil, which has antibacterial properties to ensure your skin remains free from infection. We also recommend any of the BushBalm products we carry to prevent ingrown hairs and dark spots.

1-3 Days After:

- After waxing, your skin may feel overly sensitive. We recommend having cool showers and that you avoid scrubbing or exfoliating the treated area for three days to give the skin time to settle.
- If you've had your underarms waxed, avoid deodorants for 24 hours post-treatment. Use only mild, unscented soaps and shower gels until your pores fully close.
- We recommend that you avoid gyms, saunas and steam rooms for at least 48 hours after your waxing treatment. Working up a sweat before the hair follicles have closed properly can lead to irritated skin. Similarly, stay away from sunbeds and UV exposure, as the heat can clog the follicles and cause redness and bumps.
- Three days after your treatment, it's a good idea to gently exfoliate your skin to remove dead skin cells and avoid ingrown hairs. Use a body scrub designed for sensitive skin and rub softly in circular movements to prevent hair from becoming trapped under the skin as the follicles close.
- After exfoliating, follow up with a rich, nourishing moisturizer to further minimize ingrown hairs.

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