



# TOP 45 WAXING QUESTIONS ANSWERED

Thinking about professional waxing but still have questions? You're not alone. Whether you're curious about preparation, comfort, safety, Brazilian waxing, aftercare or results, this guide answers 45 common questions clients ask before booking.

At Skin Bliss Med Spa, professional waxing services are provided in a clean, welcoming and comfortable environment. Every appointment is personalized to your chosen treatment area, skin sensitivity and grooming preferences for a smooth, stress-free experience.



# WAXING BASICS

## 1. What is waxing?

Waxing removes unwanted hair from the root, leaving skin smoother for longer than shaving.

## 2. How does waxing remove hair?

Wax grips the unwanted hair and removes it from the follicle in a quick, controlled motion.

## 3. How is waxing different from shaving?

Shaving cuts hair at the skin's surface, while waxing removes it from the root. Waxing therefore keeps skin smoother for longer.

### ***Shaving***

- Cuts hair at skin level
- Requires frequent upkeep
- Can leave sharp-feeling regrowth

### ***Waxing***

- Removes hair from the root
- Offers longer-lasting smoothness
- Regrowth may feel softer



## **4. Which parts of the body can be waxed?**

Common areas include the face, brows, underarms, arms, legs, back, chest, stomach, bikini line and Brazilian area.

## **5. What is a Brazilian wax?**

It removes most or all hair from the intimate area, including the front, sides and between the buttocks, according to your preference.

## **6. What is a bikini wax?**

A bikini wax removes unwanted hair visible outside the natural underwear or swimsuit line.

## **7. Bikini wax vs. Brazilian wax?**

A bikini wax cleans the edges; a Brazilian removes considerably more hair from the front, sides and back.

## **8. What is hard wax?**

Hard wax cools on the skin and is removed without a cloth strip. It is commonly used on sensitive areas and coarse hair.

## **9. What is soft wax?**

Soft wax is applied thinly and removed with a strip. It is often used on larger areas such as the arms, legs and back.

## **10. How long should hair be before waxing?**

Hair should usually be about  $\frac{1}{4}$  inch long—approximately the length of a grain of rice—so the wax can grip it properly.

# PREPARATION

## 11. How long should I stop shaving before waxing?

Allow approximately two to three weeks of hair growth before your appointment. Timing varies with your personal growth cycle.



## 12. Should I trim my hair before waxing?

Avoid trimming unless the hair is unusually long. Trimming it too short may prevent the wax from gripping effectively.



# **PREPARATION & COMFORT**

## **13. Should I exfoliate before waxing?**

Gently exfoliate 24–48 hours beforehand. Avoid aggressive scrubbing immediately before the appointment.

## **14. Can I use lotion or oil beforehand?**

Avoid heavy lotions and oils on appointment day because they may prevent the wax from gripping the hair.

## **15. What should I wear to my appointment?**

Choose clean, loose-fitting and breathable clothing to reduce rubbing and irritation afterward.

## **16. Does waxing hurt?**

Some brief discomfort is normal, but it varies according to the area, hair thickness and individual sensitivity.

## **17. Is the first wax more uncomfortable?**

It can feel more intense because the hair may be coarse and growing at different stages. Regular appointments may feel more manageable.

# COMFORT & SAFETY

## **18. How can I reduce waxing discomfort?**

Follow preparation advice, avoid waxing irritated skin, maintain a regular schedule and communicate with your esthetician.

## **19. Is waxing safe for sensitive skin?**

Often yes. Tell your esthetician about sensitivities so they can assess your skin and adjust the technique.

## **20. When should waxing be postponed?**

Postpone if the area is sunburned, broken, infected, severely irritated or recovering from certain cosmetic treatments.

## **21. Why disclose medications and skincare products?**

Retinoids, exfoliating acids and some medications can make skin fragile and increase the risk of lifting.

## **22. Is professional waxing hygienic?**

A reputable provider uses clean supplies, sanitized surfaces, proper hand hygiene and a fresh applicator for every application.

# **YOUR APPOINTMENT**

## **23. What does “no double-dipping” mean?**

An applicator is never placed back into the wax after touching skin. A fresh applicator is used each time.

## **24. How long does a waxing appointment take?**

Small services may take only minutes; larger or multiple treatment areas take longer.

## **25. What happens during a waxing appointment?**

The esthetician assesses and cleanses the area, applies and removes the wax, then uses suitable soothing aftercare.

## **26. Can I choose how much hair is removed?**

Yes. Bikini and Brazilian services can be customized according to your preferred style and comfort.

## **27. Can I wax during my period?**

Usually yes, although sensitivity may be higher. Ask the provider about its intimate-waxing hygiene policy.

# **SPECIAL SITUATIONS**

## **28. Can pregnant clients receive waxing?**

Many can, but hormonal changes may increase sensitivity. Discuss concerns with your esthetician and healthcare provider.

## **29. Can men book professional waxing?**

Yes. Waxing services can be customized for clients of any gender and their chosen treatment areas.

## **30. Is redness normal after waxing?**

Mild, temporary redness is common and normally settles as the skin calms.

## **31. Why do small bumps sometimes appear?**

Freshly waxed follicles may react temporarily. Avoid touching the area and follow your esthetician's aftercare advice.

## **32. What should I avoid after waxing?**

For 24–48 hours, avoid excess heat, friction, fragranced products, harsh exfoliation and activities that may irritate the skin.



## AFTERCARE

### **33. Can I exercise after waxing?**

Wait approximately 24–48 hours because sweat, heat and friction may irritate freshly waxed follicles.

### **34. Can I swim after waxing?**

Wait approximately 24–48 hours to reduce exposure to chlorine, salt water and bacteria.

### **35. Can I use a sauna, steam room or hot tub?**

Avoid them for 24–48 hours because heat, moisture and bacteria can increase irritation.

### **36. When can I exfoliate after waxing?**

Wait at least 48 hours or until the skin feels calm, then exfoliate gently and regularly.

### **37. How can I soothe my skin?**

Keep the area clean and cool, avoid touching it, and use a gentle fragrance-free product recommended by your esthetician.

## INGROWN HAIRS

### **38. How can I help prevent ingrown hairs?**

Once the skin settles, exfoliate gently, moisturize appropriately and avoid tight clothing.

### **39. Why do ingrown hairs develop?**

They occur when regrowing hair curls or becomes trapped beneath dead skin.

### **40. Should I pick or squeeze an ingrown hair?**

No. Picking can cause inflammation, infection or scarring. Ask a professional for guidance.

### **41. How long do waxing results last?**

Smoothness commonly lasts several weeks, depending on the area and individual growth cycle.

## **RESULTS & MAINTENANCE**

### **42. Does waxing make hair grow back thicker?**

No. Waxing does not increase the number of follicles or make hair biologically thicker.

### **43. Can regular waxing make regrowth feel finer?**

Many clients find regrowth feels softer or finer over time, although individual results vary.

### **44. Should I shave between appointments?**

Avoid shaving if you want to maintain a consistent waxing cycle because shaving cuts hair at the surface.

### **45. How often should I schedule waxing?**

Most clients return every three to six weeks, depending on the area and personal growth cycle.