

### **Contraindications to waxing**

If you are currently using any of the following prescription medications, you cannot receive a waxing service. Discontinue use of these medications for a minimum of three (3) months prior to waxing. The exception is Accutane: You must be off this medication for a minimum of one (1) year prior to waxing.

Accutane (Acne medication)

Adapalene (Acne medication)

Alustra (Retin A)

Avage (Acne medication)

Avita (Retin A)

Azelex (Peeling agent)

Clindamycin

Differin (Acne medication)

Doxycycline

Erythromycin

Isotretinoin (like Accutane)

Madifloxacin

Metronidazole

Prednisone

Renova (Retin A)

Retin A (Acne and Anti-aging medication)

Tazarac (Acne medication)

Tazarotene (Tazorac)

Tetracycline

Tretinoin (Retin A)

### **USE EXTREME CAUTION**

The following products can make your skin more sensitive. Thin, sensitive skin is more vulnerable to lifting and sensitivity during waxing.

Other acne medications not listed above

Alpha Hydroxy Acids (Glycolic, Lactic)

Oral Antibiotics

Topical Antibiotics

Retinol

Salicylic Acids

Any acid-based products

Exfoliants

**THESE PRECAUTIONS AND CONSIDERATIONS SHOULD ALWAYS BE FOLLOWED**

You must wait a minimum of seven (7) days before waxing after a light chemical peel or microdermabrasion

No waxing if you have had a laser skin resurfacing within the past year

No waxing if you have had a physician administered peel within the past two (2) years

Women may experience extra sensitivity to waxing up to a week prior to the beginning of their period

No waxing on sunburned skin

No waxing on irritated areas

**THESE FACTORS ARE KNOWN TO MAKE WAXING MORE PRONE TO "SKIN LIFTING"**

Taking blood-thinning medications

Taking drugs for autoimmune disease

Medications for Lupus

Taking prednisone or steroids

Psoriasis, eczema, or other chronic skin diseases

Recent cosmetic or reconstructive surgery

Recent laser skin treatment

Severe varicose veins

Rosacea or very sensitive skin

History of cold sores or fever blisters (waxing can cause a flare-up)

Using hydroquinone

Recent surgical peel, microdermabrasion or chemical peel using glycolic, alpha hydroxy, or salicylic acid, or other acid-based products

**WHEN TO BE CAUTIOUS**

When you're pregnant, taking birth control, hormone replacement, or antibiotics.

**Your skin may be more sensitive to waxing**

Smokers or those with Rosacea. Waxing can irritate dilated capillaries (weak or broken blood vessels) which are common with smokers or people with Rosacea. If the capillaries are very red, stay away from waxing that area.

When you take blood thinners, have diabetes or phlebitis. These all relate to medical conditions so first get a doctor's approval before waxing. Bring in said approval on a doctor's letter head.

The use of powerful exfoliators on your skin. Salicylic, alpha-hydroxy acid.

You use any product with white willow bark. White willow bark extract and enzymes all strip cells from the skin. It's too much exfoliation combined with waxing and could make the skin red, bleed or even lift and turn scabby.

You recently consumed a lot of caffeine. This stimulant in your system can cause skin to be extra sensitive to waxing. Meaning you could get more red or inflamed than usual.

Drinking alcohol, the day of or the night before waxing. Alcohol causes the blood to rise to the surface of the skin and can cause the skin to bruise easily.

Stop using the above products in the area getting waxed for **at least three (3) days before, and 24-48 hours after waxing**. If the alpha-hydroxy is over 8% then you should wait months before safely waxing.

### **NEVER WAX WHEN**

You currently take Accutane or have stopped taking it for less than a year.

You're taking any prescription acne medication.

You have Lupus or Aids.

You're in cancer therapy getting chemotherapy or radiation.

You have been in direct sunlight for a long period of time.

You have used a tanning bed within the last 24 hours.

Areas you're using any alpha hydroxy acids over 8%.

Over or around body piercings.

**NEVER EVER WAX IRRITATED, INFLAMED, CUT, OR SUNBURNED SKIN.**