

# Recommended Pre + Post Care

## Pre-Treatment Post-Sugar

### **Pre-Treatment**

For maximum results, hair should be removed approximately 10 days post-shaving, 4 weeks post-wax, or 4-6 weeks post sugaring (depending on your hair growth patterns).

Prior to your sugaring appointment, GLOW recommends that clients fully exfoliate their skin 2 days before their appointment with one of our scrubs or exfoliating gloves. Exfoliating the day before or day after is not recommended. Alexandria Professional's Phenomen-ALL cream is available at GLOW and should be used the day before treatment to moisturize and soften the skin and proactively calm irritation. CC'Me lotion applied 15 minutes before treatment calms and cools the skin, easing discomfort and reducing the possibility of reaction.

Clients should avoid applying moisturizers or creams to the treatment area prior to their sugaring appointment. If the client is getting their underarm sugared, deodorant should also be avoided the day of treatment. They should also avoid tanning or exercising before their treatment. Men getting their back or chest sugared must bring a clean, white shirt to wear after their appointment has finished.

### **Post-Sugaring**

For 24 hours after their treatment, clients should avoid the following: scented lotions or creams, deodorant (underarm treatments), heat, direct sunlight, exercise and sweating, makeup (facial sugar), and touching or scratching the affected area. Sexual activity should be avoided for 48 hours, as open pores are more susceptible to outside bacteria, which can cause infection.

Do not exfoliate skin for 48 hours after treatment. After this 2 day period, clients should use an exfoliating glove in circular motions on the skin every 2-3 days. For more sensitive areas, such as the bikini line and brazilian areas, GLOW recommends using one of our less abbrasive coffee or sugar scrubs for exfoliation. Alexandria Professional's Phenomen-ALL cream should be used daily 2 days after treatment to prevent ingrown hairs, moisturize and soften the skin and calm irritation.