

A Step By Step Guide To Waxing At Home



BY MANROOP

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How Waxing Works

The wax is spread into a very thin layer over the skin.



Next, a cloth strip is pressed and smoothed over the hot wax. The skin is then stretched back with one hand while the other hand pulls the cloth strip off in the direction opposite to the hair growth. During the process the hair and dead skin cells are removed with the wax and you are left with smooth hairless skin.



Application

If you are new to waxing, I suggest starting with your legs first because you will find it easier to see what you are doing. You will need a clean room with plenty of space and possibly someone to assist you.

Before you wax any area, it's a good idea to test the wax on an inconspicuous area of your body. You want to ensure that you don't have an allergic reaction 48 hours prior to treatment. Make sure before you apply the wax that the hairs are grown out long enough to be adequately embedded in the wax (at least 1/4 inch). This way when the wax is removed, it takes the hair with it.



Time Required (Depends On the Area)

- **Underarms – 15 minutes** 🕒
- **Legs – 45 minutes** 🕒
- **Arms – 20 minutes** 🕒
- **Bikini Area – 15 minutes** 🕒

What Equipment You Need

You can purchase all of the necessary equipment for waxing at a local beauty shop.

These supplies include:

- **Wax strips**
- **Wax pots**
- **Clean towels**
- **Wooden stick**
- **Cream wax**
- **After-wax lotion or aloe-based gel**



Step-By-Step Guide

Step 1:

Warm the wax, following the package instructions. Avoid overheating the wax to prevent burning.

Once the wax is at the right temperature as per the manufactures instructions apply dry powder on the area to be waxed.



Step 2:

Apply the wax to the area you want to treat with a wooden spatula or the tool that came with the waxing kit. Always apply wax in the direction of hair growth and pull the strip in the opposite direction.



Step 3:

Lay the fabric or paper strips over the wax, press firmly down and knead back and forth.



Step 4:

Hold the bottom of the strip and quickly pull. You should keep the strip parallel and very close to your skin in order to get the best results.



Do not wax the same area twice, as you may peel the skin.

Step 5:

Finally apply a soothing cream or aloe vera gel to the treated area.



Health Precautions

Some doctors do not recommend hair waxing for people that have diabetes, varicose veins or poor circulation since they may be more susceptible to infection.

Also people who take some medications such as: Renova, Differin or Accutane are advised to steer clear of hair waxing on the face since these medications tend to weaken the skin and may cause tearing of the skin as the wax is removed.

If you have warts, pimples, moles, rashes, sunburn, chapped skin or skin irritation, you should avoid waxing those areas.

You should never apply wax to broken skin, peeling skin or areas that have varicose veins. Avoid applying wax to the nipples if removing hair from the chest area.

Aftercare

Avoid taking a hot shower or bath or using a tanning bed for at least 24 hours after waxing. Even though waxing may look relatively easy, it can be more difficult than you realise.

I recommend waxing every 2 to 4 weeks for optimal results.