

AFTER SUGARING

1. **CLOTHING** - Wear loose, clean clothing especially for Brazilians. Friction, sweat, or heat can create in-grown hairs, bumps, redness, and/or irritation. Avoid dirty clothes, tight clothes, dirty undergarments, skinny jeans, leggings or stockings. Try wearing clean loose fitting pants, skirts, shirts, and no underwear after a Brazilian.
2. **BE GENTLE** - The first 24-48 hours you will treat your skin differently as it needs protection and rest. The skin is considered irritated until the tender feeling subsides.
3. **PROTECTING THE SKIN** - Sugared areas need protection for 24-48 hours. You may see redness similar to a mild sunburn, red speckling where the hair root was removed, and sometimes hives. The skin feels more tender than usual to the touch. If you have been sugared for a long time or have remarkable skin recovery time, it may only take 6-12 hours.
4. **24-48 HOUR DONT'S** - NO HOT SHOWERS, BATHS, HOT TUBS, POOLS, OCEAN, SWEAT, SWEATY WORKOUTS, SUN EXPOSURE, SCRUBS, OR ACTIVE/UNAPPROVED PRODUCTS.
5. **ALWAYS AVOID** - Always avoid fragrance/parfum, scented lotions, heavy essential oils and/or perfumes. Such products can cause in-grown hairs if used at any time. Ask your skincare professional if in doubt about a product you are using.
6. **SHOWER** - DO NOT shower immediately – wait at least 6-12 hours. If you get sweaty, rinse immediately with cool water and no soap. Use approved soaps only. After 12-24 hours, take a lukewarm shower using the recommended Aloe+C Cleanser, Sea-Rose Cleanser, Blu Bar, or other approved body washes (all available in Shop). Avoid hot showers/baths, any soap with fragrance/parfum, harsh soap, and scrubs. Such products will cause side effects like: hives, redness, pustules, breakouts and in-grown hairs. Do not over stimulate the skin - let it recover.
7. **HYDRATE** - After your first shower, apply approved moisturizer and bump reducer. Coconut + Oxygen Balm, 10% Oxygen + Sunflower Elixir, and Squalane (all available in Shop) are recommended. May apply Ingrown Smooth Balm after 72 hours.
8. **EXFOLIATE** - Exfoliate 48-72 hours after hair removal to prevent the buildup of dead skin cells, which can cause ingrown hairs. Any SugarLove Sugar Scrubs (available in Shop) are recommended.

