

BEFORE SUGARING

1. ALLERGIES, MEDICATIONS, SUPPLEMENTS - Disclose all allergies prior to service during intake. If you are taking any medications including over the counter painkillers (e.g. Advil or Tylenol), you can have adverse reactions to sugaring (thinning of the skin, dehydration and/or bruising). Supplements like Vitamin C can thin your blood increasing chances of bruising.

2. TOPICAL EXFOLIANTS – Stop use of Retin-A, Retinol, Retinoids, AHAs, BHAs, Enzymes, Fruit Acids, Acids, Peels, 7 days prior to service. After acclimation period, some sugaring may be done without a break. Please ask your doctor for approval. Faces are particularly susceptible to scabbing or lifting if topical exfoliants have been used right before hair removal.

3. HAIR GROWTH - The hair must be at least 1/8th of an inch long or have 1-3 weeks outgrowth to be removed successfully.

4. PATCH TEST – Particularly for a full face sugaring, we recommend you do a 24 hours patch test on a small area to see how your skin reacts.

5. SCRUB OR SOAK - Scrub with an oil-free scrub on areas to be sugared. SugarLove Organic Sugar Scrub (available for purchase in shop), 2-4 times a week, is recommended. Alternatively, you may soak in baths for at least 20 minutes to exfoliate the entire body. Do not use oils in bath right before the appointment.

6. FRESHLY SHOWERED - Come to your appointment right after your shower, clean of ALL oils, creams and lotions. It is recommended to cleanse with the Aloe+C Cleanser, Sea Rose Cleanser, Body Wash or SugarLove Organic Sugar Scrubs to prepare the skin. Some scrubs or soaps may leave unwanted residue.

7. NO SUN BATHING - No sun bathing, tanning booths, or spray tanning 72 hours prior to appointment. No spray tanning 48-72 hours after sugaring.

8. LOOSE CLOTHES – Bring a clean set of loose clothes to wear after your service. Tight or sweaty clothes can cause in-grown hairs and breakouts.

9. Getting a Brazilian or have thick hair? Please trim all dense areas down to 1/4th of an inch. Do not trim too short.

