

General Waxing and Styles

At **Amber Health, Beauty and Sports Injury Clinic** and at **The Back and Beyond** (Male Waxing) we use many different Waxes to meet Client needs, at times six or more Waxes can be on the go. We always try to find the best Wax for the Clients needs; especially as we deal with many different skin and hair types, ethnic groups, ages, male and female, young, students and retired. All have different needs and requirements. One wax certainly does not fit all.

Brazilian Waxing Style Names

Of real importance is that you are clear with your beauty professional as to which hairs they should remove and which ones they should leave. Here is a current listing of the different types of Brazilian waxing techniques and names; they may help you to choose. To add interest, we have at times in the past (Weddings, Birthday's, Holidays, Valentines Night), threaded jewellery into the finished product. Our Therapists can be quite innovative.

- **The Brazilian Wax** - A Brazilian, contrary to popular use of the term, is actually *not* the removal of *all* the hair down there. The Brazilian focus is on the rear (derrière) and it involves removal of all hair in the buttocks and rectal areas. The front area maintains some of the hair, usually in the shape of a triangle or an oval. When people refer to a Brazilian wax, they often mean - although not correctly - removing all the hair down there. Again, just make sure that the professional who is performing the service knows exactly what you want.
- **The Hollywood Wax** - This is the removal of all the hair in the lower region of the women's private area - front and back/buttocks included.
- **The Sphinx Wax** - A thin line of hair is left from the front side all the way to the buttocks.
- **The Thong Wax** - The same thing as a Brazilian wax, that is all buttocks and rectal hair removed while leaving a small triangle or oval shape around the front private area.
- **The Frankie B Wax** - Named after low-riding 'Frankie B' jeans, this waxing style has a wider, much lower triangle necessary for lower, hip-hugging jean and trouser styles. The Frankie B originated in the Los Angeles salon called "Pink Cheeks". Hollywood-celeb-waxer, Cynthia Lotson, originated this and other Brazilian waxing styles.
- **The Playboy Wax** - This Brazilian wax type removes it all, including the hair on the inner lips. Some variations of the Playboy leave a small triangle at the very top.
- **The Tiffany Box** - All hair is removed, including in the buttocks area, except the hairs that remain are a square. The remaining hairs are dyed the famous jeweller's aquamarine colour.
- **Other Brazilian Wax styles** - Other styles include waxing hearts into the remaining hairs, as well as initials and other designs.

How a Brazilian wax is carried out

Now you know the names of the different Brazilian bikini wax types and have an understanding of what you will see when you go to collect this service. Next, let's step through an overview of the procedure.

As a Client, you should expect the beauty professional to perform this service:

- using the most sanitary precautions
- with the highest degree of modesty balanced with an aggressive approach to complete the service
- knowing any conditions, treatments, or medications that should preclude you, the Client, from having the service performed at the time
- so the Client is guaranteed to have the least amount of discomfort.

Using Sanitary Precautions

When you go to a salon or spa to have a Brazilian bikini wax, you should pay attention to your surroundings to make sure that safety and sanitary precautions are followed. While it may seem unimportant to address this issue, be assured that if sanitary procedures are not followed, you may end up with a transmitted bacteria or virus that could render you ill. Hepatitis A, B, and C are not easily detectable and are easily transferable. There are so many strains of viruses and bacteria that we are having trouble keeping up with them all.

And because someone is working in your private area, it is exponentially important that you make sure these precautions are followed.

- Make sure that you are given a private room with a door. You should have a chair on which to put your clothing and a table to put your personal belongings. Many spas offer secure lockers for their Clients. Do not let someone perform this service unless you are in a private area.
- If you wish to wear waxing panties and not your own underwear, be sure that they are brand new and haven't been worn by a previous Client. For this service, you will likely be asked to remove your underwear.
- The waxing table should have a clean, newly washed sheet, between you and the table. If the sheet is dirty, ask that it be replaced with a clean one (or better yet, find another place to have this service performed). Ideally, a layer of waxing table paper should be on top of a clean sheet.
- You should have a clean sheet and/or blanket to cover you.
- The room should be clean and neat. There should not be any used wax applicators, strips, or any evidence of another customer's waxing session on the floor.
- The wax machine and area around it should be clean.

- The licensed cosmetologist or aesthetician must wear gloves during the entire brazilian waxing service. The gloves should be vinyl and not latex, so you do not have an allergic reaction. We highly recommend not allowing anyone perform this service unless they are wearing protective gloves.
- The beauty professional should never put their hands into any jar or similar container to remove product for use. Once someone puts their gloved or ungloved hand into a container, it is contaminated and should not be used again.
- The beauty professional should use containers that easily dispense cleansers, aloe, or other before or after wax products.
- Clean cotton balls or pads must be used to cleanse your skin.
- Once the professional begins the waxing service, they must never allow an applicator to go back into a pot of wax that has first gone into a pot of wax, and then has touched your skin. That is referred to as "double-dipping" and can cause the spread of disease. Some people contend that the heat of the wax kills any bacteria and viruses, but it is not knowable if that is true or false. It is not smart to tempt fate when it is so easy to throw away each applicator every time it touches your skin. Metal spreaders are sometimes used, these are cleaned and sterilised after use.
- Another option is to purchase your own can of wax. The professional can dip into that can and touch your skin, and then dip into that can again as long as it only touches your skin and no one else's. Make sure that the wax is only used for you. You can either take it home with you; making sure to bring it back next-time, which is difficult because it is a hot can of wax, or you can write your name and date of purchase on the plastic lid with a Sharpie marker and trust your beauty professional to use it only for you.

Modesty and Aggression

It's not easy performing the Brazilian bikini wax service. One must be sensitive to the fact that the Client must lie on a wax table in very open and often uncomfortable positions for long periods of time.

It is important for both parties to realize that a valuable service is being done and that both the Client and the professional should respect each other's part in the process. With that said, the professional must be professional at all times, never making any references to anything outside the boundaries of the service at hand. The Client must be aware that the beauty professional is working diligently to complete the service, and that they should assist the professional when possible.

Conditions that should Stop You from having this or any other Waxing Service

It is correct for a salon or spa to require you to fill out an initial Client Health, Medication, and Beauty Treatment Form for Waxing. After you complete the form, the beauty professional will know if you are taking or doing something that does not work with waxing or that should require you to provide a note from your doctor indicating that it is okay to be waxed. For example, if you are taking Accutane, a systemic keratolytic drug, you must not have a waxing service performed. Please keep your Beautician informed of changes to medication, etc.

If you have heart or circulatory problems, you should bring a note from your doctor indicating that it is fine for you to be waxed.

This Client Health Form also provides the professional with information regarding the Client's menstruation. A Client who has her period recently should not have a Brazilian wax performed. In addition to the more obvious considerations, the Client's pain sensation is heightened considerably during menstruation, especially in the private areas.

Make sure that you are asked / required to fill out a form that lists all of your allergies, medications, beauty treatments, and other information before allowing the service to occur. If there is something on that list that should stop you from being waxed, and you don't know it, you could suffer from a serious skin or other problem. Please tell your Beautician.

Having a Brazilian Bikini Wax with the Highest Comfort

Bikini wax and comfort are exact opposites, right? Aside from the fact that waxing is not pain-free and that waxing in the lower, private region of the body is even more painful renders anyone, even the strongest ones, a bit woozy.

Nowadays, most waxing companies sell numbing creams, gels, or sprays to be applied before the service is performed. Do they work? Do they make the waxing experience pain-free? While some are better than others, there is still discomfort associated with the waxing service.

How much pain will you have during a Brazilian bikini waxing or any other waxing service?

If the professional learns good waxing techniques and practices their skills, they usually become better skilled and are able to cause less discomfort. You'll know right away if your beauty professional is skilled or not.

Below are some tips for both the waxing professional and the Client to follow so the waxing service can be done with the highest amount of comfort.

Things the Client Can Do for Higher Comfort during Bikini Waxing

- Be on time and be ready for the service. Lateness causes stress. Be ready by having the correct amount of hair growth, between 1/4" and 3/8" is ideal.
- Trim your own hair. Some beauty professionals do not wince at having to trim Client hair in the private region. However, consider that someone will be down there with either scissors or a trimming instrument...and, one false move...ouch! It only adds to the cost so we recommend that our Clients trim themselves so they are ready to be waxed when they walk in the door. Otherwise, we may charge them an additional and hefty fee for a "haircut."
- Ideally, the Client will have little or no caffeine in their system. Caffeine heightens sensitivity. For some, this is nearly impossible, so see the next item.
- A Client can take an antacid 10 – 20 minutes before the wax service is performed. The beauty professional is warned never to dispense any medications whatsoever. An antacid, such as Tums, can reduce the acid in your system, thus reducing sensitivity.
- Keep menstruation and bikini waxing separate?
- Wait at least 24 hours after the Brazilian bikini waxing service to touch the area. The tendency is for the Client to immediately touch any freshly waxed area. Don't! The area needs time to heal, for all the pores to close, and for the skin to normalize.

Things the Professional Can Do for Higher Comfort during Bikini Waxing

- Keep a clean, neat, orderly waxing room. This will promote a peaceful and comfortable experience.
- Be on time and ready for the service. Do not rush. If you rush and stress, you will cause the Client undue stress and discomfort.
- During the waxing service, instruct the Client how to hold and pull their skin to increase comfort.
- Use only the best waxes possible. Avoid microwave waxes or any waxing systems that are not easily controlled as far as consistency and temperature. If a wax is too hot, it can burn the very sensitive skin in the private area of the body
- Use techniques that will give the Client a comfortable experience. The techniques include pulling the skin tight and pressing gently on the skin after each pull.

Many waxing technicians, cosmetologists, and aestheticians are taking Continuing Education (CEU) classes to brush up on their techniques, to learn how to increase Client comfort, and to get over the fear of giving someone a Brazilian bikini wax. At **The Amber Health, Beauty and Sports Injury Clinic** we take CEU very seriously and expect all our therapists to keep up-to-date.