

8 Commandments of Waxing

Wait a month between waxing visits? Check. Pop a pre-appointment Advil? Duh. We all know the basics, but here are the tricks you don't know.



Schedule Strategically

Go a week or two after your period, so you can avoid any discomfort. Consult with your dermatologist in Los Angeles for more tips.

Also, if you are planning a pedicure, and manicure, do them first to avoid ingrown hairs (see #7).

Fend Off Ingrown Hairs

To prevent bumps and irritation, exfoliate immediately following waxing. Gently scrub the face, like Bioré Blemish Clearing Acne Skin, an ointment that contains salicylic acid (a.k.a. beta hydroxy acid).

Ban Rays

Up your SPF levels in the sun, especially in vulnerable areas like your face and neck – we love Avee SPF 70 and L'Oréal Paris SPF 45.

Get Milk

Combat waxing-induced skin irritation with a mixture of half skin milk and repeating every few days. You can also treat the Advanced Therapy Hydrating Cream (with pure aloe vera), or an

Pick Your Process

First things first: Choose your hair-removal method and stick to it. If you're treating an area with lasers, don't wax there between appointments – you don't want to disturb the roots. "The root of the hair is the target, so it must be present during treatment," explains Paul Jarrod Frank, a cosmetic dermatologist in New York City. "If you remove the follicle by waxing or tweezing, the laser will not work."

Exfoliate Gently the Night Before

Scrubbing will do away with those dead skin cells that can clog hair follicles and result in ingrown hairs. Try a body wash with salicylic acid, such as Neutrogena Body Clear Body Wash Pink Grapefruit, which will clear pores and follicles. If you have a salicylic-acid facial scrub, it's fine to use around your bikini area. Lele Gomes, an esthetician at the Rita Hazan Salon in New York City, sees great results with her patients who use a gentle loofah, such as Earth Therapeutics Loofah Bath Pad.



Know Your Retinoids

Retinoids and waxing are both forms of exfoliation. For regular retinol users – who generally have fewer dead skin cells on their skin – lip, eyebrow, or any facial waxing can strip away part of the epidermis, resulting in abrasion. Hold off



on waxing in your first few weeks of using retinoids. Retinoids "can contribute to increased skin fragility," says dermatologist Craig Kraffert, who stresses that if you do expose skin to both retinoids and waxing, use caution—though he advises patients to stop prescription retinoid treatments for one week before waxing. Wu also asks her patients to avoid retinoids until redness has subsided.

Repeat

“If you want to decrease the level of discomfort over time, become a frequent waxer,” says Noemi Gruppenmager, the CEO and founder of Uni K Wax Centers. “The more you wax, the less you will need to wax, as waxing reduces the strength of the hair follicle.” Over time, hair regrowth will become sparser.

- *Courtesy Allure.com*