



Waxing at the Health and Serenity Spa

We aim to ensure clients have the best possible advice both prior to and post-treatment. Please read the following information prior to booking an appointment in the spa.

- **Consultation Information:** to ensure you are not contraindicated to any treatment.
- **Pre-treatment Advice:** should be read prior to attending an appointment.
- **Aftercare Advice:** to be read following your appointment for best results.

CONSULTATION

- **Local Contraindications:** treatments cannot be performed over contraindicated areas.
- **Medical Contraindications:** please seek medical advice prior to booking. In circumstances where medical permission cannot be obtained, clients must give their informed consent in writing.
- **Total Contraindications:** prohibit a treatment from taking place.

Local Contraindications:

- Cuts/Abrasions
- Scar tissue (6 months' minor operation, 2 years' major operation)
- Bruising/Swelling
- Areas where topical Roaccutane has been used
- Undiagnosed lumps and bumps
- Sunburn
- Heat rash
- Hairy moles
- Recent fractures (3 months)

Medical Contraindications:

- Check any condition that is already being treated by a GP or another practitioner
- Consult with a Doctor if you are taking any medication that may have an effect on skin sensitivity, condition or blood.
- Cardiovascular Conditions (Thrombosis, Phlebitis, Hypertension, Hypotension, Angina, Pacemakers)
- Haemophilia
- Medical Oedema
- Osteoporosis
- Nervous/Psychotic conditions
- Recent Operations
- Diabetes
- Trapped/Pinched Nerve



- Inflamed Nerve
- Severe Varicose Veins

Total Contraindications:

- Oral Roaccutane Medication
- Contagious diseases (Impetigo, Scabies, Chicken Pox, Mumps)
- Infectious diseases
- Under the Influence of (alcohol, drugs, prescribed pain medication)
- Neuralgia
- Hypersensitive Skin
- Loss of Skin Sensation
- Vascular Skin
- Severe Varicose Veins
- Fever

PRETREATMENT ADVICE

- Do you have any allergies, particularly to any type of resin/glue i.e. plasters, beeswax or lanolin? A patch test can be offered in the salon a few days prior to any appointment.
- For best results hair should be at least 1/4-inch long. (about the length of a grain of rice)
- Exfoliate prior to appointment to loosen any ingrowing hairs.
- Trim hair for all Bikini and intimate waxing
- Avoid the use of a sun bed tanning and sun exposure for 24 hours prior to your appointment.

AFTERCARE ADVICE

- Exfoliate 3 days after treatment and between appointments to reduce ingrown hairs.
- Do not have a hot bath/shower or use a sauna, steam room or swimming pool for 24 hours.
- Do not sunbed or use a solarium for 24 hours.
- Avoid wearing tight fitting clothing over the area for 24 hours.
- Do not apply any perfumed or self-tanning products to the waxed area.
- Use our in house waxing oil daily to eliminate the appearance of unsightly lumps, bumps and ingrown hairs.