



ANCIENT ORGANIC SUGAR PASTE TECHNIQUE

The room temperature method is called body sugaring or sugaring paste. You can Sugar using your fingers or applicator provided. Allow to sit at room temperature 60-70° for 24 hours before you begin. Transit may have fluctuating temperatures causing the sugar to be too warm when it first arrives.

Then follow these instructions:

#1: Exfoliate: Gently exfoliate with a non-oily exfoliator before sugaring for best results.

#2: Clean/dry skin: Shower with non-oily wash, dry completely. The skin should be cool. Get a fan; be in a room with low humidity. 60-70° temperature is ideal.

#3: Consistency: When you touch the paste, your fingerprint should show up only. The paste should not try to stick to your finger. If paste tries to come with your finger, it is too warm and needs to be cooled to room temperature; 10 min. increments in the fridge are ok. Be Careful! Sugar Paste is temperature sensitive! Do not leave in the fridge too long.

#4: Lightly dust area to be sugared with cornstarch provided or baby powder.

#5: Remove: a chunk of the paste about the size of a golf ball with the fingers or applicator (smaller for smaller areas). Knead a few times to be able to mold it easily. Simply tap, tap, and tap into a ball shape.

#6: Very Important: Apply the paste AGAINST the hair growth (OPPOSITE DIRECTION).

- NOT with the hair growth, like you do for waxing.

For example, start at the ankle and spread towards the knee. At the top, use your applicator or thumb/finger in a motion leaving you a "lip" to grab hold of. You do not want to spread too thin...keep it thick.

Repeat this upwards spreading action 2-3 more times to ensure the hairs are trapped in the sugar. Use the applicator or take hold at the "lip" and pull downwards very fast. Never lift up into the air. Try to stay as close to the area sugared as possible. Parallel is key here. Speed is crucial. Do not go too slow. Count 1-2-3 with each spread, and then Flick off in the same direction of hair growth.

#7: Repeat until all the hairs are removed. Be very careful not to add too much water. The same ball can be used for a large area before eventually discarding it. Once the sugar becomes opaque / unusable, (you will notice a distinct "peanut butter" appearance) throw it away & get a new ball. Rinse off with warm water.

Tips and Advice:

♥ If Sugar gets stuck, sprinkle with corn starch/powder and go over the area with a fresh ball in a diagonal direction and remove with the flicking motion.

♥ Corn starch/powder is your friend used in moderation, your enemy if you use too much.

♥ Same goes for humidity/temperature: If you are in a humid room (i.e. Bathroom or kitchen), you will want to get a fanblowing on you and be near an A/C unit.

♥ Don't get frustrated the first time...this technique takes PRACTICE. If you get frustrated, your body temperature rises...which makes sugaring near impossible. KEEP COOL, CALM, AND SUGAR!

For further instructions, refer to the website tutorials at www.jbhomemade.com. Remember I am here to help in any way I can. Reach out to me on Etsy, email, Facebook, Pinterest, or Instagram!

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For first time users and those who are unsure of the pain level, here are a few tips:

PRE SUGARING ADVICE

- Do not to use creams, moisturizers, fake tan or oil on the skin before a treatment as these can form a barrier, which prevents the gel or paste from giving maximum results.
- Do not to use sun beds prior to a treatment or treatment with sunburnt skin.
- If your hair is longer than ¼", trim it!
- After sugaring, the process may be repeated after 8–10 days of hair growth.

POST SUGARING ADVICE

- Keep skin cool & avoid tight fitting clothes: may irritate the skin & cause ingrown hairs.
- Avoid moisturizing creams, perfumed bar soaps and deodorants on the treated areas for 24 hours as they may leave a film on the skin that may cause ingrown hairs.
- Avoid any heat or friction to the skin.
- Do not sunbathe as prolonged exposure to the sun may cause skin irritation.
- Avoid hot baths or showers for 24 hours. Extreme temperatures can cause irritation.
- Avoid sexual activity for 10 hours after a Brazilian. While your pores are still open, they are vulnerable to irritation and bacteria.

- Avoid solariums, saunas, steam rooms, whirlpools and other heated sources/ chlorinated water for at least 48 hours.
 - Try not to exercise or participate in activities that may cause you sweat for 24 hours.
 - Wash the treated area with an anti- Bacterial wash such as a Tea Tree body wash with mild PH, it helps soothe and calm the skin after hair removal.
 - Moisturize with a lotion containing tea tree, aloe Vera or lavender after every shower, this has a soothing, antibacterial effect. Use the Aloe provided.
 - Avoid shaving & depilatory creams between treatments as it causes the hair to become thicker and more stubborn.
 - Do not use exfoliating products (AHAs, scrubs, etc.) and loofahs for at least 24 hours as they may irritate the skin.
 - It is important, however, to exfoliate once or twice a week after this time, as this helps with the prevention of ingrown hairs & prepares your skin for your next treatment.
 - If Sugar gets stuck, sprinkle with corn starch and go over the area with a fresh ball in diagonal direction and remove.
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