



## **ANCIENT ORGANIC SUGARING WAX METHOD**

**#1: Exfoliate** 48 hours prior with a non-oily exfoliator.

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

**#3: Warm:** Recommended heating: in a bowl of hot water or bottle warmer.

Heat to lukewarm. PLEASE make sure that the sugar wax has cooled enough because you can really burn the crap out of yourself if it is too hot. You can check the temperature by applying a tiny bit to your inner wrist. If it is too hot or watery, just let it cool down a bit before using. Sugaring Wax should be the consistency of pourable syrup or honey.

**#3: Dust** with cornstarch or baby powder prior to sugaring.

**#4: Apply:** Using the applicator, apply a thin layer of wax about 2 in. wide X 4-5 in. long in the OPPOSITE direction as hair growth. On the legs, this is often an upward direction.

Smooth the wax over the desired area 3-4 times in a thin layer.

**#5: Apply strip:** Cover the patch of sugar wax with a strip of muslin/ denim fabric. Press down so that it adheres to the wax. Then, rub briskly to heat it through your body heat friction.

**#6: Yank it off!** Hold the skin taut and yank the strip of fabric quickly in the SAME direction of hair growth.

**#7: Repeat** as needed until all hairs are removed, applying more cornstarch as needed. If you have sensitive skin, you almost certainly should not place anything on the skin following using sugaring wax. However, make sure that a day or two later you exfoliate nicely (and continue to do so every 2 days) to avoid ingrown hairs.

For further instructions, refer to the website tutorials at [www.jbhomemade.com](http://www.jbhomemade.com)

Questions? Concerns? How to's? Reach out to me on Etsy or email me at

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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.