



The Ultimate Beginner's Guide to Waxing

Whether you're a guy or a girl, and whether you're having your bikini, brows or back waxed – it can be a little daunting if you've never tried waxing before.

Don't worry though, we've got it covered.

Here's everything you need to know about the before, during and after of getting waxed for the first time...

nkd ()
waxing & beauty specialists



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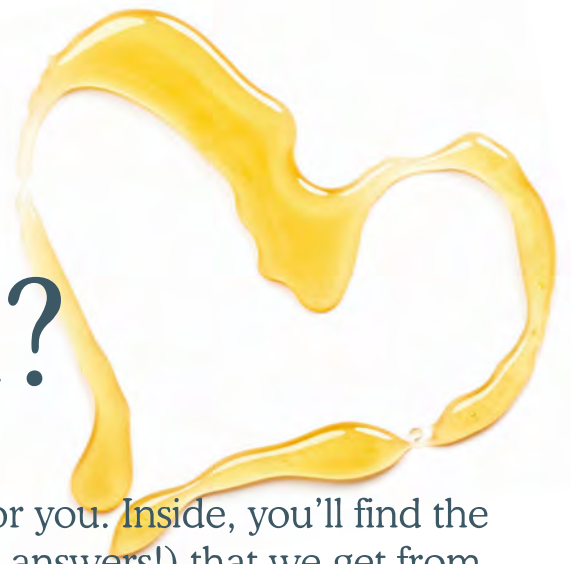
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So, you're a waxing virgin?



Fear not, as we've put this guide together just for you. Inside, you'll find the most frequently asked questions (along with the answers!) that we get from all of our waxing newbies.

No longer the exclusive domain of brave females, an increasing number of men are opting to take it all off, too – so rest assured this guide has been written with everyone in mind.

So who are we anyway?

We are nkd (), Nottingham and Leicester's premier specialist waxing and beauty salons.

We provide a top-notch waxing experience in a clean and professional environment and are proud to say we offer the best wax you'll ever receive. From our expert therapists to our specialised treatments – we focus on making your visit to our salons as comfortable as possible.

And we're not *all* about the waxing (although we can't deny that's predominantly what most of our girls do – hence the amazing reputation we're so proud to have built up in and around Nottingham!). But in addition to male and female, facial body and bikini waxing, we offer a variety of lash and brow treatments.

All our nkd therapists are experts at what they do which ensures fast, thorough, hygienic and virtually pain-free waxing using an array of luxury upmarket products. We have our clients addicted to waxing... for all the right reasons!

So have a read of this guide, and if by the end you're interested in coming over to the smooth side, we'll be waiting for your call.

The Teams at nkd () Nottingham and Leicester

If you have any more questions that we haven't answered here or you'd like more information, please don't hesitate to contact us at hello@nkdwaxing.com or by calling Nottingham on **0115 9241454 or Leicester on **0116 430 0444**.**

"Following my last nkd appointment I went to another salon for a different treatment. It was immediately apparent I had been spoilt with professionalism, experience and amazing customer service at nkd. I will not go anywhere else now!!"

– Leanne T.

"I'm a big fan of nkd – I've been coming for nearly four years. I now commute from living in London to get a treatment with you. Thanks!"

– Louise T

"I've never had a bad experience at nkd, all the ladies are that good."

– David C.

"The service at nkd is always excellent. I wouldn't go anywhere else for waxing. nkd staff are professional, friendly, and always do an excellent job."

– Stephen J.

How does it all work?

Is waxing better than shaving?

Waxing vs. shaving

Waxing is considered a more effective form of hair removal than shaving because it removes the hair from the root. When you shave, you're just cutting the hair off at skin level, so a couple of hours later, you may already be able to see a five o'clock shadow, which is the hair follicle below the skin.

The results from a good wax, on the other hand, not only last much longer but can reduce regrowth in the long run, as regularly waxed hair tends to grow back sparser and less thick.

Bonus: Waxing exfoliates the skin as well, leaving you feeling silky smooth!

Perron Rigot
PARIS

How the wax works

The wax is warmed until it's soft and spreadable. It is not boiling hot – it doesn't burn the skin and it doesn't feel uncomfortably warm. Actually, it feels quite soothing; think of it as the same temperature as a hot water bottle. Now we've got that out of the way, there are two methods to waxing.

Strip wax is applied thinly to the skin with a spatula. A cotton strip is pressed onto the wax and then swiftly removed, taking both wax and hair with it. Strip waxing is an effective way of covering large areas of skin quickly, making it popular for use on body parts like legs, arms, backs and chests.

Hot wax is applied more thickly to the skin with a spatula. Hot wax effectively shrinks and wraps hairs and begins to set on the skin when applied but remains pliable rather than turning hard and brittle. We don't use paper strips to remove hot wax, hence why this kind of wax is also referred to as "non-strip wax". Instead the wax itself is removed by hand, bringing the hairs with it. Hot wax is ideal for use on sensitive areas such as any type of intimate and bikini waxing, or underarms.

Hot wax is the only type of wax you should consider allowing anywhere near your bikini area!! In the past you may have experienced a bikini wax with strip wax at other salons which are not waxing specialists and which still use outdated waxing methods. This was likely to have been painful and could have caused ingrown hairs. Once you experience hot wax on your bikini line, we promise you'll never go back to strip wax for this most delicate of areas!

At nkd, we start every wax by cleansing and sanitising the area being waxed to remove all body lotions, dirt and perspiration. Then we apply a soothing Jasmine Oil, which creates a barrier between your skin and the wax. This ensures that the wax adheres to your hair and not to your skin which reduces the level of discomfort you will feel and minimises trauma to the skin.

After your wax, we finish off with a soothing lotion containing rosewater and menthol to cleanse, tone and cool the skin, plus a small amount of oil which removes any sticky wax residue and leaves your newly waxed area moisturised and silky smooth to the touch.

At nkd, we're proud to use a superior type of hypoallergenic strip wax, called **Cirepil Cristal Ocean**. Its special formula uses synthetic resin and is rosin- and fragrance-free.

This amazing wax is suitable for the most sensitive types of skin, and can even be used on clients with an allergy to sticking plasters, who may not have been previously able to have a wax!

How long should my hair be before getting waxed?

We recommend a minimum of 4 weeks' worth of regrowth to get the best results.

If you have removed the hair via waxing/shaving/plucking or any other way less than 4 weeks ago, then please bear in mind that although your therapist may still be able to carry out your wax, you are likely to get some regrowth quite soon after your treatment.

We advise that you do not book an appointment if you removed your hair less than 3 weeks ago.

Worried that your hair (especially your pubic hair) may be too long for a wax? Well don't! If it needs trimming down, we will do this for you as part of your treatment at nkd, so please don't attempt this at home!

What do I need to do to prepare?

Scrub and rub is nkd's pre- and post-waxing mantra for all types of waxing.

By this, we mean lightly exfoliate the area 2-3 times a week and moisturise daily (and yes, we're talking to you as well here boys!). Gentle exfoliation a couple of times before your wax will remove any dead skin and built-up product residue (e.g. from fake tan or suncream) and will help to release any ingrown hairs which our wax might otherwise miss. By preparing your skin in this way, you will ultimately get far better results from your wax.

Make sure you use suitable products – you shouldn't be using an exfoliator that is too grainy which could scratch the skin, and no exfoliators or moisturisers that are heavily perfumed which could irritate the area – especially around your intimate bits!

Please make sure for your sake and that of your therapist's, that you shower/bathe on the day of your wax and put on clean underwear!

For all intimate waxes, your therapist will also leave you to freshen up with wipes that she will leave out for you, immediately before your treatment.

We also suggest that you don't slather on loads of moisturiser or oil to the area that will be waxed on the day of your treatment. Although your therapist will cleanse and sanitise the area beforehand, it could prove difficult to remove large amounts of pre-applied product.

You will get better results if you follow our nkd pre-waxing advice, we promise! During your treatment at nkd, your therapist will explain in detail exactly what you need to do at home and what products to use to keep your new bare self as smooth and hair free for as long as possible once you've had your treatment.

Will I have to take my knickers/ boxers off? or underarms

It depends entirely what treatment you're booked in for, but if it's a brow wax, then no!

On a serious note, if you are having a Brazilian or Hollywood wax (**visit our knowledge centre at nkdwaxing.com for more information on these specific types of waxes!**) then yes, you will need to go au natural.

For other types of bikini waxes – e.g. G-string and basic bikini waxes for the ladies and speedo waxes for the men – we will ask you to keep your knickers/boxers on. (For these treatments, we'd therefore recommend wearing or bringing with you an older pair of undies, in case they came into contact with any wax or oil during your treatment.)

Don't worry though, because your therapist will be clear with you once she takes you into your treatment room about the extent to which you'll need to undress. She'll also leave a towel out for you once you've removed your underwear to help protect your modesty, if relevant.

Please note that nkd has a policy of not supplying paper pants! Our therapists really have seen it all before and won't be embarrassed by your state of undress, so neither should you be! Paper pants simply impede our therapists from working quickly and efficiently

What if I'm on my period?

Worry not. As long as you're clean and fresh down there, and are wearing a tampon, this won't be a problem.

However, did you know that your skin is most sensitive just before and during your period? For the sake of comfort, it might be best for you to book an appointment the week after your period instead.

Remember that our 24-hour cancellation/change of appointment policy also applies to menstruating women! Therefore if you think you may be on your period on the day of your wax and that this is going to be a problem for you, please book in for a different time, giving us a minimum of 24 hours' notice otherwise you will be charged. Thank you!



Will I have to sit, lie down, or something else?

It really depends what treatment you are having. Most brow treatments are carried out in a chair which we recline, while longer lash treatments are generally carried out on a flat couch.

For most body and intimate waxing treatments, you'll be reclined on a couch, either flat on your back or with the headrest up. We will of course require clients who are having their backs waxed to turn over onto their fronts, likewise when it comes to waxing the back of your legs.

In terms of bikini and intimate waxing, we try and keep most people on their back for the majority of the treatment. If you want to know more detail about exactly what happens in an intimate wax, visit the knowledge centre on our website.

Because men tend to have more hair around the back than women, it is more usual for guys to have to turn over for some of their wax.

At nkd, we use a number of techniques and positions to reach the more difficult-to-access areas. We may at times ask for your help to stretch and pull certain bits of skin taut (which will help minimise discomfort, and will ensure that you know what is happening at all times).

This is pretty embarrassing, right?

Not at all! That's the beauty of coming to waxing specialists, you see...

Your therapist certainly won't feel embarrassed at this point, and there's absolutely no need for you to either.

Remember that your therapist carries out hundreds of waxes every month, so you can rest assured that as the experts, we really have seen and done it all before!

At nkd, waxing is all our waxing therapists do, all day every day!

So unlike generalist beauty salons where you might encounter a therapist who spends most of her day painting nails/massaging/doing facials and who might not feel so comfortable getting down to business at the other end of the couch, this kind of activity really doesn't faze our staff (and if it did, they'd would be working in the wrong place!).

Will it hurt?!

This is the most important question for many. And the straight answer is: It may do!

Complete waxing virgins may experience some discomfort during their first treatment. Of course, this will depend on many factors, including which areas you're having waxed, which hair removal methods you have used in the past and your hormone balance on the day. For example, if you have regularly shaved the area you want waxed in the past, or have particularly thick, dense and/or coarse hair, then the discomfort may be greater than for someone with sparser and finer hair.

We'd be lying if we said anything different to that. BUT we can absolutely promise you that the first time is the worst! In fact, you would not believe how much more comfortable a wax is once you are only waxing regrowth (e.g. 4-6 weeks after your previous wax) compared to full growth. From then on, it's a walk in the park.

If you're feeling particularly anxious about the level of discomfort, some clients find that taking a couple of painkillers 30-45 minutes before their wax will help to lessen the ouch. We don't recommend this as a matter of course though as it's simply not necessary for most clients. While eating something beforehand is a good idea as it will help keep your blood sugar steady, you should resist reaching for a coffee or some Dutch courage to steady your nerves since caffeine and alcohol can actually heighten skin sensitivity.

NOTE: remember to breathe while you're getting waxed. Seriously. Holding your breath while getting waxed only makes it feel more painful!!

The fact of the matter is that you're not going to get a wax that hurts less than it does at nkd. Our therapists are intensely trained and highly skilled and we have developed a number of techniques over the years to minimise the pain.

In fact, we now teach the art of specialist waxing to beauty therapists and salon managers all over the country from our nkd training school, so they can learn to wax like we do.

That's why we say that we use our experience to enhance yours. Because we really do!

What about the next day – will I be sore then at all?

The vast majority of clients won't be, no but if you're a particularly sensitive soul or have exceptionally strong or dense hair, then you may feel a small amount of soreness the day after.

You may also see some little red bumps on the first day or so after your wax but by day two or three everything should be smooth and back to perfect.

For this reason it's best to get waxed a couple of days before going on holiday etc. to ensure silky smoothness when you want it!

Do I need to do anything afterwards?

Absolutely, YES.

Following the correct at-home aftercare procedures are absolutely vital in making sure you get the best results from your treatment, for as long as possible.

After all, what's the point in spending all that time and money finding a reputable salon and the best waxing therapist who can give you the perfect wax, if you are not going to look after the area to prolong the results?

Remember the "Scrub and Rub" mantra we mentioned? Well this applies to post-waxing aftercare, too. By this, we mean exfoliate and moisturise regularly in order to prevent those oh-so-unsightly ingrown hairs that can blight an otherwise perfectly preened private part (or anywhere else for that matter).

Remember that ingrown hairs are often caused by dry and flaky skin, which the new hair can't grow through. So by keeping your skin soft and supple, you'll be giving the new hairs the best possible chance of breaking through the skin without any problems.

Any waxing salon worth its salt will guide you through the necessary aftercare procedures. Most will also sell the products they recommend. Unfortunately, it is not uncommon for the customer to disregard any advice given in salon.

Customers are of course free to buy their aftercare products from wherever they like. But care does need to be taken that the appropriate lotions and potions are applied to the appropriate areas.

For example, products containing antiseptic properties such as tea tree oil and dead sea salts are recommended to prevent any post-wax infections developing in the hair follicles. Anything highly-scented or perfumed, on the other hand, which is prevalent among moisturisers, exfoliators and bathing products should be avoided, especially when applied to 'intimate' areas.

The products we offer in salon are specifically tailored for use post waxing – and are gentle enough to use every day.

We cannot stress enough the importance of sourcing an appropriate exfoliator and moisturiser and would urge you NOT to delve into the back of your bathroom cabinet for that old, half-used scrub that you've had in there for years, and that dodgy-smelling moisturiser that your old Aunt Maude gave you for Christmas in 2006!

Your skin will not thank you for using inappropriate products (especially on intimate areas), and you could irritate it or even cause infection to form

Here are our top five tips for maintaining bump-free skin in between waxes:

1. Moisturise the waxed area daily preferably with a cream containing antiseptic properties such as tea tree oil or aloe vera, which will also help to alleviate any irritation. Ingrown hairs are often caused by dry or flaky skin preventing the hairs from growing through.

2. Exfoliate the waxed area several times a week to get rid of dead skin cells. Again, think carefully about which products you use here. The exfoliator needs to be grainy enough to have an effect, but not so harsh that will irritate your skin or make it sore. In fact, over-exfoliation or the use of an unsuitable scrub will graze the skin and may actually cause ingrown hairs, rather than prevent them. As well as an exfoliator, consider an exfoliating cloth, which can do a wonderful job at removing dead skin and can leave you feeling beautifully soft and smooth. If going for one of these, make sure you buy one that you can regularly put in the wash.

3. Dead sea salt used as bath salts can help prevent infection, as can anti-bacterial shower gels. Dead sea salt baths may sting in the first 24 hours after waxing, but could be used several times a week thereafter in the week immediately following your wax.

4. Loofahs and exfoliating mitts can be used in the shower but these must be kept clean and dry, and should be replaced regularly. These are especially useful for men exfoliating areas such as their backs and chests after waxing. For non-intimate areas of the body, dry brushing can have a useful exfoliating effect.

5. Some people find that rubbing antiseptic cream into the waxed area for 3 days after treatment soothes and protects the skin but make sure you always wash your hands applying any product.

And remember...

- No fake tans, massages, extreme heat treatments (e.g. very hot baths or showers, saunas, steam rooms), swimming, sunbathing (including sun beds or any other exposure to UV light) or tight clothing for 24-48 hours.
- Try and avoid exercise for 24 hours as getting sweaty could clog the hair follicles. Do not scratch or touch the area with unwashed hands.
- Avoid applying deodorant, anything perfumed or makeup to the waxed area for 24 hours.

Finally, in the unlikely event that your skin has not returned to normal after 24 hours, seek advice from your GP in case you have had an allergic reaction to the wax, or in case an infection is developing.

How long does it last?

Of course, it depends on how fast your hair grows, so we recommend that for the first few waxes, you return every 4-5 weeks.

Much longer than shaving, eh?!

At this stage in proceedings, you want to be trying to get all of your hairs into the same growth cycle, so they are all breaking through the skin at the same time.

If your hair is not in the same growth cycle, you could come for a wax and then experience regrowth soon after, which will be hair that was just lurking under your skin at the time of your treatment and that we couldn't possibly have reached.

After 3 months or so, once you have trained your hair into the same growth cycle, most people return every 5-6 weeks.

Once you are into that routine, you should find that your skin stays beautifully smooth and hair-free for much longer after each session.

Plus, as a regular waxer, you can enjoy the benefit of discounted treatments when you buy one of our packages. Our buy 9 get 2 free package gives you up to 18% off each treatment compared to the pay as you go price.

Ready to take
the plunge?


Give us a call on

Nottingham on 0115 924 1454
or Leicester on 0116 430 0444

to book in your first waxing experience with us.


We promise you'll never want
to go back to shaving again!

Or send an email to hello@nkdwaxing.com
now to see what we can do for you.




“Danielle plucked any stray hairs at the end, and actually cared about whether there were hairs left over! (At other salons, it seems too rushed for this level of thoroughness).”

- *Rosie G.*



“My brow wax at nkd was better than at other salons because Amy actually asked me what shape I wanted for my brows and she got the shape really well by working with my eyebrows’ natural shape.”

- *Rosie H.*



“I had a great experience for my first time wax. The consultation was thorough and I felt comfortable to ask any questions I had.”

- *Gina F.*





“I actually enjoy my waxing sessions and we have a great chat whilst being waxed.”

– *Graeme S.*

“nkd is definitely the best waxing salon I've tried in Nottingham. I'm a returning customer since I've first tried it.”

– *Agatha R.*



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