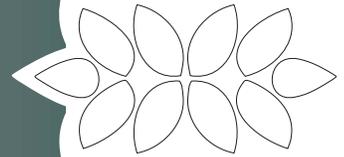


# Aesthetics By Kat

April 2019 Newsletter

Kat McArtor, Aesthetician



## Ditch the razors!

No fooling! Now is the time to start leg waxing!

If you start waxing your legs, Bikini, Brazilian, or underarms now, the time in between your waxes in the summer will not be noticeable.

The longer you've waxed, the less hair growth you will have. Hair will grow in sparse and much finer. Once you've started to wax, staying on a regular waxing schedule will reduce discomfort and irritation when you wax.

### Regular waxing benefits:

- » Results last weeks longer than shaving
- » Hair grows back slower and softer
- » Over time you will see a reduction in hair growth

Start removing hair from unwanted places now, so you'll have less maintenance by summer!

Do you get ingrown hairs? Are you exfoliating? Are you hydrating your skin? This newsletter contains important skin tips! Read and Subscribe!

## Shaving vs. Waxing

### Shaving:

- » Cuts hair off at the skin surface, the result of which is stubble
- » Can result in patches of undergrowth where the hair grows inside of the skin and leaves a black mark on the outside of the skin
- » Usually results in thicker and darker looking hair growth

### Waxing:

- » Removes hair from the root/follicle which means a longer-lasting result; 3-4 weeks compared to 2-3 days!
- » Hair grows in thinner which eventually reduces overall hair growth
- » Works on all body areas

## How long does my hair have to be, really?

I recommend you have at least a 3 week hair growth. The longer the hair, the better for your first wax. It is VERY IMPORTANT to have enough hair growth for your appointment. This allows the wax to grab the hairs easily. If your hair is too short I will ask you to schedule another appointment



and you will be charged for that day's appointment as well.

### Hard wax vs Soft wax

Hard wax does not adhere to live skin cells causing a less painful experience and allows me to go over the area multiple times to ensure every last hair is removed.

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Wax will adhere to dead skin cells so exfoliating well before your service will give the best results. Soft wax will remove the top layer of skin which results in a more painful wax and can cause lifting of the skin. You can go over an area more than once.

Hard wax has a lower melting point avoiding the possibility of being burnt during your service. Soft wax has a much higher melting point. Great care is needed to avoid burning of the skin.

Hard wax does not use a muslin strip in order to remove hair like soft wax does.

Hard wax can get into every nook and cranny assuring a flawless hairless finish. It can be applied in even more sensitive and delicate places.

Hard wax can be laid in multiple strips at a time making your service time dramatically faster. Hard wax results in overall less skin irritation. You'll feel no pain or discomfort once your service is complete, and will have less chance of breakage of hair, ingrown hair, bumps, and breakouts\*. \*Note these skin irritations also greatly depend on correct home care between services.



## What to avoid after waxing

Sometimes breakouts occur after waxing. Most times it comes from not exfoliating the area. High frequency also

helps with the breakouts. High frequency stimulates circulation, helps oxygenate the skin, increases cell metabolism, antiseptic and has a healing effect.

24 hours no "extra-curricular" activities or activities that cause you to get extremely hot or sweaty. No working out, pools, hot tubs, or soaking in any water for 48 hours. No sun or tanning beds.

## In Summary

Waxing is simply better as compared to shaving with a razor! There is no more shaving rash or razor burn. You won't experience itchy regrowth. Waxing also removes dead skin cells. You will experience far smoother results that can last 3 to 4 weeks instead of just 2 or 3 days!

During the month of April when you book a full leg, or Brazilian waxing appointment online, you will receive \$10.00 off!

Don't forget to mention you saw this newsletter!

See you soon!

- Kat

