

## Professional Body Care Range

The vast majority of skin irritations are caused by bacteria on the skin. It is therefore important to choose a skin care product that is not only gentle on the skin but also strong enough to protect against impurities, dry skin and other everyday skin problems caused by everyday living.

- **Professional Bodycare** products are hypoallergenic, and are based on the natural and unique skin-friendly Essential Oil, Tea Tree. Tea Tree Oil is a natural antiseptic, bactericide, fungicide with anaesthetic qualities.
- **Professional Bodycare** range is effective on many acute and prolonged problem skins and can be used daily, without causing an imbalance.
- **Professional Bodycare** products provide hygiene in your daily skin care, strengthening the natural defense of the skin against problems.

### Professional Bodycare Face & Body Wash

is a gentle antiseptic wash suitable for everyday use, protects from bacteria and leaves the skin fresh and hygienically clean. The Face & Body Wash has 2% Tea Tree Oil and is non drying (pH balanced). Use daily with a skin brush, waffle glove or loofah mitt for optimum results.

Price \$16.00 for a 250ml Pump Bottle Available in Salon



### Professional Bodycare Hand & Body Lotion

contains 5% Tea Tree Oil. It is nourishing and calming to the skin, leaving skin soft and supple. This beautiful formula will leave your skin silky smooth and is easily absorbed so it needs no drying time. It is cooling to the skin, making it ideal to apply after a wax treatment. Use daily after exfoliating to help prevent ingrown hairs.

Price \$18.00 for a 250ml Pump Bottle Available in Salon



Your skin should be treated with care and given thought all year round. The skin on our body is particularly prone to dryness and needs moisturising everyday.

**Professional Bodycare products will help you care for your skin... all year round!**

## Trading Hours

**Monday Closed**

**Tuesday 10.00 – 6.00\***

**Wednesday 9.00 – 6.00\***

**Thursday 9.00 – 7.00\***

**Friday 9.00 – 7.00\***

**Saturday 9.00 – 3.00\***

**Sunday Closed**

**Closed Public Holidays  
by appointment only**

**\*Later appointments upon request**

“Like” us on Facebook

[www.facebook.com/elegantnailsandbeautybysue](http://www.facebook.com/elegantnailsandbeautybysue)

“Follow” us on Instagram

[www.instagram.com/elegantnailsandbeautybysue](http://www.instagram.com/elegantnailsandbeautybysue)

Visit our website

[www.elegantnailsandbeautybysue.com.au](http://www.elegantnailsandbeautybysue.com.au)

Copyright 2020 Elegant Nails & Beauty by Sue. All Rights Reserved.

## After Wax Care Information Sheet



**Elegant Nails & Beauty  
by Sue**

**Phone 0419 806 803**

**Look Gorgeous, Feel Fabulous  
at any age!**

## Skin Brushing 101

When Skin Brushing **ALWAYS** brush in an upward direction towards your heart

- Skin Brushing is always done on dry skin, prior to entering the shower, as this is the best time to remove any dead skin.
- Undress and sit on a chair or the edge of the bath so that you can easily reach your feet and lower legs. Take the skin brush, or loofah mitt, and begin with the sole of the right foot. If you are using a brush, use firm, rhythmic strokes to cover the sole several times. If you are using the mitts, you can make the movement more continuous, letting one hand follow the other. Continue the movement as seamlessly as possible over the top of the foot, up toward the ankle and on to the lower leg, making sure that you cover the entire lower leg (front and back).
- Stand up and brush the area from the knee to the top of the thigh. Again, make sure that you cover the whole area several times with long, rhythmic, upward strokes.
- Continue brushing over the buttocks, up as high as the waist. Now repeat the whole process on the left leg, starting again at the sole of the left foot.
- From the top of your buttocks, and keep moving in an upward direction, brush the whole of the back several times all the way up to the shoulders. This is the hardest area to cover completely – do the best you can.
- Next, brush the right arm. Start with the palm of the hand, then back of the hand, then move from the wrist up to the elbow, again always moving upwards.
- Continue along the upper arm, from the elbow towards the shoulder. Repeat on the left side, starting with the left hand.
- Very gently, brushing the abdomen in a clockwise circle, (as this aids in digestion). Repeat several times but with a gentle pressure; **stop if your experience any discomfort.**
- Continue on to the chest and neck, always working towards your heart using a gentle pressure. Once you have finished, take your bath or shower then pat dry and follow with a Body Moisturiser.

### For the Face

- Apply an exfoliant scrub to a wet face, using a gentle patting—release motion with your finger tips.

### Avoid the skin between cheekbones and brow bones.

- Once completed, rinse with warm water, and follow with a Toner and your favourite moisturizer.

## Recommended After Wax Care

- It is recommended to apply **Professional Bodycare Antiseptic Hand & Body Lotion** liberally to all waxed areas to cool, soothe and nourish the skin, and help protect against bacteria and possible infection.
- **Professional Bodycare Antiseptic Hand & Body Lotion** eliminates redness immediately and will remove the “chicken” skin appearance.

### INGROWN HAIR PREVENTION

To effectively prevent ingrown hairs the following program should be followed:

- Whilst showering – use **Bodycare Antiseptic Face & Body Wash** and a loofah mitt or similar. This has the effect of removing the dead skin cells, allowing the hair to grow through the skin. Always use firm pressure **against** the direction of the hair growth **towards** the heart, not in a circular motion.
- **After showering** – apply **Bodycare Antiseptic Hand & Body Lotion** daily to all waxed areas. The lotion is non-oily and keeps the skin soft and pliable so the hair can grow through and help prevent ingrown hairs.

The use of **Professional Bodycare Antiseptic Hand & Body Lotion**, **Professional Bodycare Antiseptic Face & Body Wash** and a loofah mitt or gloves should be used in conjunction with each other daily for optimum results.

### PULSATED AREAS

Pulsated areas are caused by ingrown hairs, these will improve if **Bodycare Antiseptic Tea Tree Oil** is applied ‘neat’ directly, (using a cotton bud).

Apply 2-3 times daily on **pulsated areas only**, until cleared.



## Your Questions Answered

### Q. What are the benefits of waxing?

- Large areas of unwanted hair can be removed quickly and easily with immediate results.
- Waxing leaves the area smooth and is long lasting.
- Future regrowth is fine, soft and less noticeable unlike the regrowth after shaving or depilatory creams.
- Waxing removes all dead skin cells leaving the skin feeling soft and smooth.
- Waxing is suitable for all hair types - fine or coarse, and can remove strong deep rooted hairs successfully.

### Q. How long does waxing last?

Approximately 3 to 6 weeks depending on hair growth. The return hair growth is generally finer and over a period of time will eventually stop growing.

### Q. How long should the hair be before my first wax?

For your first wax session to be effective, the hair should be at least 1/4 of an inch long. The longer the hair is, the better the result!

### Q. I love the results of waxing, but I don't like the stinging feeling. What can I do to stop the stinging?

Only slight discomfort is experienced during a waxing session, but there are a few things you can do to “soften the sting”.

- Never schedule an appointment three days **before** or **after** your period as your skin is most tender during this time.
- Popping an anti-inflammatory painkiller, like Advil, about two hours before your appointment can help minimise pain and will reduce post waxing redness.
- Regular exfoliating and regular moisturising will keep all waxed areas smooth, encouraging the hair to emerge from the skin easily and therefore the wax is less likely to “grab”, limiting discomfort.

### Q. Can I go swimming after being freshly waxed?

No sun bathing, solarium or swimming in chlorinated water for the first 24 hours after waxing because waxing removes all hair and dead skin cells, leaving the skin vulnerable to burning, blistering and the possibility of infection. Treat your freshly waxed skin like you would a new born baby. But if you have to **Slip, Slop, Slap!**