



Winter WAXING LAND

Cold temperatures often mean low humidity, which can dry out skin. During the winter months people often find their skin is rough, tight, cracked or peeling due to dryness.

By **Michele Hetherington**

MOST CLIENTS LIKE to push their waxing appointments back for as long as they can in the winter months, believing it's a waste of time when they are covering up by wearing long pants, leggings or tights.

In fact, waxing in winter can be more important than waxing in summer, as in the colder months wearing clothes such as tights and leggings which rub against and break the hair, can lead to uneven hair growth.

Maintaining your waxing in winter will keep hair growth even, your skin silky smooth, and you'll always be prepared for unexpected events.

Tips for waxing in cold weather

- Keep the salon comfortable and warm, with heated towels at hand.
- When waxing larger areas with strip waxes, a pre-wax oil can be used after a skin cleanser to prepare and soften the skin prior to treatment. Spray the oil on to your gloved hands and apply using friction massage movements to warm the surface of the skin.

- We recommend hot/hard wax for all intimate waxing which, in the winter months is even more important. Hot/hard wax has more workability in intimate areas; when the weather is cold you have less time to work with strip wax in intimate areas before it starts to set, so there is more chance of breaking the hair at the surface.
- Apply a fine mist of pre-wax skin cleanser to the area about to be waxed as this will soften and protect the skin, making for easier hair removal. Once the wax is applied, immediately apply a light amount of a wax setting oil on top of the hot wax and smooth over the surface whilst pressing down with your gloved hand before removing.
- Some people find facial waxing very painful in the winter. There is less moisture in the air and what natural oils you do have in your skin can be blown away or dried out by the wind. Once inside, central heating is also very drying; our skin feels much tighter in cold weather and if you have sensitive skin, the dryness will lead to flaking and itching. Any damage to the natural skin barrier can then cause inflammation and further sensitivity.
- To cleanse skin for facial waxing; on a cotton pad mix pre-wax cleanser and pre-wax oil together and wipe over area to be waxed, remove excess by using a warm towel or facial wipe.
- Apply a small amount of pre-wax oil onto the fingertips of your gloved hands, gently pat a fine film on the surface of the skin, tissue off any excess oil and apply hot wax in the direction of the hair growth. Use the oil as previously explained to set the surface of the hot wax and remove against the hair growth. For facial waxing, to effectively remove peach fuzz, we recommend the reverse method of waxing, where the wax is applied to the same area against the direction of the hair growth and removed with the direction of the hair growth. ■

Michele Hetherington is a senior beauty therapist and educator with more than 20 years industry experience. She has been working with Jax Wax Australia since 2003, and is currently National Training Manager. Michele is a member of the AABTH, CIDESCO and holds a Cert IV Training and Assessment, Diploma of Beauty Therapy, Cert IV Makeup and Cert IV Remedial Massage.
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