

# WAX *by* Danielle

*Insights and  
Advice from  
Esthetician  
Danielle Cook*



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# About Waxing

Hair removing techniques have been used for ages and are in popular demand today for both men and women. Someone new to waxing may have many questions and with so much information out there, it can be quite confusing and overwhelming.

In this book, I share what I have learned through my experience as a waxing esthetician and help you understand more about waxing: what the process is like, the materials, and the long-term benefits.

# About Me: Danielle Cook

In 2006, I graduated from The Euro Institute of Skin Care in Renton, Washington where I learned a holistic approach to health, wellness and skin care. After graduating, I returned to my hometown of Bellingham and honed my skills at Escape Day Spa and Zazen Salon Spa. In 2008, I had the opportunity to open my own waxing

business, called WAX by Danielle, in my mom's hair salon. Our studio is located in Fairhaven, on the south side of Bellingham, Washington.

When I decided to make a change and open my business, although I love performing facials, focusing on waxing just felt right. I have always enjoyed the act of waxing – it is a quick and satisfying service, that to me is just fun!

Growing up I imagined myself going to an art school, but as I researched different schools nothing felt right. I am excited to have found a career that allows me to use my creative skills. There is a certain art form to waxing and I love that.

Being a skin care specialist, I enjoy learning new ways to get the best waxing results and use my knowledge to help my clients. This book is an extension of my service, one more way I can help you get the most out of your waxing experience.

# Welcome To Waxing

## **What is waxing?**

Waxing is a form of hair removal. Many different types of hair removal are available and waxing is one of the more popular ways of removing unwanted hair. With waxing, warm wax is applied in the direction of the hair growth and removed quickly in the opposite direction.

Properly done, this process removes unwanted hair by the root, leaving your skin smooth and hair free for a period of time. Regular waxing is necessary to achieve the full benefits. In time you will experience fewer hairs growing back, which will allow your waxing sessions to be less painful and your skin to be even smoother.

## **Why wax?**

Waxing is wonderful! If you are ready to rid yourself of unwanted hair in a method that offers lasting results, then waxing can be perfect for you. If you currently shave and struggle with ingrown hairs, with waxing you should experience fewer skin irritations.

If you have dark, deep-rooted hairs that you would like to be less abundant, thinner and softer, with regular waxing you can receive these lasting results. Waxing is great even if you just

have peach fuzz hairs that you would prefer not to have.

### **How often should I wax?**

You will get the best waxing results by waxing regularly. After you've been waxed several times you will be able to gauge your hair cycles and see what time frame is best for you. On average, I recommend my clients rebooking every three to six weeks.

Once you have been waxing for a while you will experience a slowdown of your hair growth and you can wait even longer in between waxing appointments. Hair growth cycles are different for each person, so it is important to notice when your hairs become long enough to wax again.

It is important not to let all your hairs grow back in before waxing. As soon as your hairs are long enough you can wax again.

Different areas of the body can require different times to rebook your wax. Again, each individual has unique hair cycles, but on average I recommend rebooking:

- Face and underarm waxing, every two to four weeks.
- Bikini waxing, every three to six weeks.
- Legs, arms, chest and back waxing, every four to six weeks.

### **Is it true waxing makes hair grow back thicker and darker?**

No. The myth that hairs grow back thicker, more abundant and darker after waxing is completely untrue. Your hairs will never grow back in darker than your natural hair color from any waxing service. In areas that are frequently exposed to sunlight, such as your forearms, it can seem like the hairs grow back darker after waxing. But that is because the original hairs had

time to lighten from sunlight exposure. Wax services help to lessen, minimize and thin your hairs. It does nothing to affect hair color.

### **At what age should people begin waxing?**

There is no age limit to someone who wants to wax. If someone is interested and willing, I am happy to help. I pay close attention to each client's reactions during the wax process and take time to notice if someone needs some extra time, or if they would prefer to stop. It is hard to mentally prepare for a wax, the anticipation is usually the worst part, so it is always important for the esthetician to recognize how the client is feeling.

I have helped clients as young as ten to remove unwanted hairs. I may take extra precaution waxing anyone under the age of ten and make sure the communication is clear for both the client as well as their guardian.

### **How old is too old for waxing?**

Waxing is wonderful at any age – there is no age limit, young or old. As long as the client wants to receive this service, I see no reason why they can't try it as long as their contraindications allow.

### **I want to wax, but I'm nervous. Any advice?**

The anticipation can be a little nerve-racking especially if it is your first time going through this type of experience and you don't fully know what to expect.

If you are wanting, say, a Sphinx wax, maybe you'd decide to start with a Basic Bikini and work through the different Bikini wax options as a way of working up to the full Sphinx cleanup. This will help ease you into the experience, give you time to get to know your esthetician, feel more comfortable in the treatment room and learn

more about the waxing process, your esthetician's techniques, body positioning and draping.

Please feel comfortable asking any types of questions with your esthetician. We are here to help you with your waxing needs and make sure you are comfortable.

If you are ever uncomfortable with the positioning, draping or pain of the service, please feel comfortable speaking up and letting the esthetician know how you are doing if they haven't already asked. If you need to take a moment, that is okay. If you would prefer to stop midway through your service, that is okay too. It is very important to have good communication so that you have the best experience.

**What's the most important thing to look for when choosing an esthetician for my waxing services?**

Your esthetician should be easy to talk to and someone you feel comfortable asking any questions to. Their priority should be taking care of your waxing needs appropriately and professionally. The treatment room should be clean and sanitary, with fresh clean linens for each appointment. The equipment in the treatment room, as well as the floor, should be clean and free of wax. Trust your intuition. If something doesn't feel right, feel free to either address it or politely leave.

# Benefits To Waxing

## **Why does waxing prevent hair from growing back?**

Regular waxing trains the hair not to grow back as abundantly or as thick. Follicles eventually give up growing replacement hairs after repeated waxing. Some people who have

been waxed for years experience only 20% hair re-growth. It will take some time, but you should begin to see a difference on your third or fourth waxing session.

**Does hair really not grow back? I've waxed once or twice and the hair is still there.**

We have three different cycles of hair growth. Hairs long enough to wax may be part of one cycle, hairs just below the surface may be part of another. Soon after waxing, if you feel new hairs poking through the skin, it's probably because those new hairs are part of a different growth cycle. Because of these cycles, you may continue to have hair to wax, possibly forever.

The wonderful thing to waxing is that your hair growth will change for the better. Some hairs will stop growing altogether and some may continue to grow. You may not have as many hairs to wax and your hairs that do come back

should become softer, finer and less abundant. After years of waxing you will find that you do not need to come in for your waxing appointment as often as you did in the beginning stages of waxing. Instead of the average three to five weeks, you are welcome to extend your appointments out to as long as six to eight weeks.

**Can I just come in for a wax every once in a while?**

Absolutely! Feel free to get a wax whenever you are ready for one. However, just keep in mind that if you want to experience the full benefit to waxing it is important to keep it up on a regular basis.

# Waxing Versus Shaving

## Why is waxing better than shaving?

Some people experience no skin irritations with shaving. If you are like me, I am not one of those people. My skin is extremely unhappy with shaving.

Shaving doesn't give you lasting results – it is a 'quick fix' to your hair removal need. When you

shave you are cutting the hairs at the skin's surface, making the tip of the hair blunt and sharp. This can leave many people with skin irritation because the hairs are getting trapped underneath the skin's surface as they are growing out.

After shaving, as your hairs are gaining more length, they will be quite sharp to the touch, leaving your skin to feel a bit similar to the prickly side of Velcro. This unwanted feeling can come as quickly as just hours after shaving. With shaving you can also run the risk of cutting your skin. Have you ever tried shaving while having goose bumps?! Ouch!

With waxing you do need to allow your hairs to grow to a certain length so that you can experience the best waxing results. This can be challenging for some, but the results in my opinion will exceed the alternative to shaving. Through waxing, your hairs will become softer, finer and more sparse because the hair has been removed by the root. As your hairs grow back in,

each hair shaft will have a natural tapered hair edge, allowing the hairs to be soft to the touch.

Any skin irritations that you may experience with shaving should be less if nonexistent with waxing. It becomes easier to allow the hairs to grow length to them. It can be challenging at first especially if you are used to shaving every day, but remember that with waxing you are working on a long-term result with lasting benefits.

### **If I just shaved, can I wax?**

On average, you will need at least two weeks of hair growth before being able to wax successfully. The hairs need to be long enough to adhere to the wax in order to be removed properly by the roots. If the hair is too short you run the risk of hairs either breaking or not coming out at all.

Different areas of the body and different types of hairs require different lengths. In

general, I recommend letting the Bikini and leg hair grow to about a half inch (about as long as the metal part is on a wooden pencil eraser). You may hear that a quarter inch is long enough (about as long as the rubber eraser on a wooden pencil) but in my opinion, especially in these areas where the roots are thicker and deeper, more length is preferred. For underarms, arms and face waxing a quarter inch length is usually just fine.

### **Can I shave between waxings?**

If you want to enjoy the full benefits to waxing, it is best not to shave in between waxing appointments. To experience what waxing has to offer, I recommend you choosing to only wax. I no longer own a razor, waxing has become a way of life for me and can be for you as well.

# The Awkward Stage

## **Why must I grow my hair before waxing?**

You need to have enough length to your hairs to be able to get a good, clean wax. The hairs need to be long enough to adhere to the wax in order to be removed root and all. After waxing a few times, it will become easier to allow

the hairs to gain length, as they will be softer and more sparse.

## **Should I let my hair get really long before waxing again?**

Your hair does not need to be more than a half inch long to wax successfully. If your hairs are longer that is okay, but I recommend trying to book your next appointment within six weeks. If you wait much longer than that, you are allowing more hairs to grow back in, which can make your waxing experience more painful, perhaps even similar to your first waxing.

If you have quite a bit of length to your Bikini hairs and want to get the Sphinx wax, the esthetician may need to trim just a bit especially around the pubic bone area. There are so many hairs growing in different directions, and with the roots to these hairs being so deeply rooted, it is important not to have the hairs tugging from

other areas. This tugging can happen if the hairs are too long, and can be quite painful.

**What advice can you give for those of us who can't live with scraggly hair as it grows out?**

Growing out your hair can be challenging especially if it is a new concept to you. But I assure you, as you begin waxing on a regular basis it does become easier to allow these hairs to grow. The hairs become so soft, sparse and thin that the maintenance is well worth the awkward grow-out stages.

Try becoming more creative with your outfits. For warmer months, longer skirts and loose pants can be wonderful to help keep you cool yet hide the hair growth. Shirts with loose sleeves or cardigans can be wonderful to hide underarm hair. Play with your wardrobe or shop for a few staple pieces for these moments where you need

a little more help hiding the hair growth. Treat it like a game, it can be a fun challenge!

# The Painful Truth

## **Does the pain go away over time?**

With regular waxing you will notice that the pain lessens. The process becomes less painful because you are training your hairs that do grow back in, to grow in less abundantly. After a few appointments, you will have about half as many hairs to wax than before you started. Also, the hairs that do continue to grow are becoming

thinner, making the root of the hairs smaller as well. Those slighter hairs are less painful when they are later waxed. This is another reason why it is important to stay on top of regular waxings – it is less painful.

## **Do different parts of the body feel different amounts of pain?**

Yes. Different areas of the body also have different sensitivities. In general, the least painful areas of the body are the eyebrows, arms, legs and buttocks. Some more sensitive areas of the body are the lip, underarms and Bikini. With continual waxings these areas will become less painful as the hairs grow back more sparse and thin. However in these specific areas you may still experience an extra amount of tenderness indefinitely, because these areas have many sensitive nerves.

## **What do you do to lessen the pain?**

There are a few different things that the esthetician can do to help make your experience most pleasant with the least amount of pain possible. Preparing the client's skin in the appropriate manner is very important before waxing.

Each esthetician can have their own techniques; I prefer to use just a touch of oil to help create a barrier between your skin and the wax. Once the wax strip has been removed, it is important for the esthetician to apply immediate pressure to the waxed area, calming the skin and nerves.

It is possible on some areas of the body, such as the face, to apply something cold to the waxed area, which helps to soothe the skin even more.

A client may prepare by taking a muscle relaxer or pain reliever if desired. I have had some

clients enjoy one alcoholic beverage right before their appointment to help calm their anticipation. There are also products out there that help to numb the skin to lessen the pain a bit as well. Different products require a different amount of time to begin working, so be sure to read the directions with enough time to apply the product so it will be effective at the time of your appointment.

## **I hear it can be itchy as the hairs begin to grow in after waxing, is this true?**

As the hairs are growing back and across the surface of the skin, some clients feel an itchy sensation but not everyone experiences this after waxing. Unfortunately, you don't know if you will experience this itchiness until you have waxed.

This itchy sensation may last for just a few days, until the hairs get a little more length to them. The most helpful remedy to this sensation

is exfoliation. For larger areas of the body, you can use a physical scrub of some sort such as exfoliating gloves, a loofah, or some gentle exfoliating products. If you are dealing with smaller areas, such as the face or Bikini, an exfoliating product can be helpful. I offer products at my shop, please view my [website](#) to see what I currently carry.

# Waxing Safely

## **What safety precautions do you take?**

There is so much an esthetician needs to be cautious and careful about when having such personal contact with other people. The treatment room needs to be clean and to feel clean, with fresh linens and towels for each client. Wax can find its way onto floors and other surfaces, and is important that the room be free of stray wax.

I always use gloves when I perform any type of service. Gloves improve safety for both the esthetician as well as the client. The process of waxing and removing hair by the root can involve bodily fluids. Deep-rooted hairs can bring to the surface tiny droplets of blood and extracting ingrown hairs can expose congested fluids and trapped bacteria. It is especially important to wear gloves when waxing the Bikini area.

## **What is key to performing a good wax service?**

Although the benefits of waxing can be wonderful for anyone, not everyone is able to receive waxing services. It is important for the esthetician to be a licensed skin care specialist and to know about any possible contraindications. Waxing is not compatible with certain prescription drugs so the esthetician should offer you the opportunity to share this information.

Estheticians should also be thorough at removing all available hairs and that they remove the hairs by the root without breaking.

The client's skin should never be lifted, bruised or burned. Esthetician should be quick about their service, yet gentle.

Most importantly you, the client, must feel comfortable with your esthetician. From brow to Bikini it can be a very intimate experience and you want to feel comfortable and trust your esthetician completely.

### **What can go wrong?**

If an esthetician isn't careful they can cause bruising to the client's skin. Lifting is also a negative thing that can happen if not performed properly. This action actually lifts a layer of skin off, leaving you to possibly scab or even scar in that area. If hairs are not removed by the root but break instead, this can cause ingrown hairs and

skin irritation. If the wax is too hot, the skin can burn and possibly blister. Hopefully you will never have to go through those experiences.

My biggest advice is to trust your intuition. If you are feeling uneasy either with a specific esthetician or about the room that you will be serviced in, please speak up. Feel open to talking with your esthetician. Make sure your comfort is your esthetician's priority. Notice how patiently your esthetician listens and how thoroughly they address your questions and concerns. Waxing isn't something to take lightly, so make sure you find a skin care specialist who enjoys their job and believes in what they do.

I have heard many different, terrible and entertaining experiences that some clients have had elsewhere. Waxing should never be an unpleasant experience. It may be a little painful especially at first, but it should never be a terrible experience. Someone who has had a horrific introduction to waxing might think that is normal and choose to never wax again. If you have ever

had a horrific experience, I encourage you to try again, if waxing is a service you are still interested in. This time, however, take the time to find an esthetician you feel comfortable with.

### **Why is it important to apply the wax in the proper direction?**

The wax needs to be applied to the skin in the direction of the hair growth and removed in the opposite direction. By doing this, the hairs can be removed by the root. If the esthetician does not apply the wax in this manner, they run the risk of hurting their client's skin, breaking the hairs or bruising the client's skin. Most hair has a consistent growth pattern, but not everyone is exactly the same. So it is always important for the esthetician to look closely at the individual hair patterns and wax accordingly for each client.

### **Who should not receive a wax?**

Clients using Accutane cannot, under any circumstances, wax until they have discontinued use for at least six months. Discontinue use of any prescription skin care products for at least one week prior to your appointment and several days after.

I do not recommend facial waxing for those who use Retin-A, Accutane, high concentrations of Glycolic Acid and/or Salicylic Acid. These types of products make the skin very thin and sensitive.

Please let your esthetician know if you are using any acne or exfoliating preparation on your face. This includes any recent facial peels.

# A Wax Experience

## **What should I do to get ready for a wax appointment?**

There is really not much to prepare for before your appointment. As long as your hairs are at an appropriate length, then you are ready. Personally I recommend not trimming Bikini hairs

yourself before going into your appointment so that you don't trim the hairs too short.

If you have recently shaved, please allow about two weeks for your hairs to grow so they are long enough to get a nice, clean wax. Feel free to also ask your esthetician what they would prefer you do. Each esthetician can have different requests.

One consideration is before any Bikini wax, please arrive clean and well bathed. I offer wipes that can be helpful in case one doesn't have time. Just as you might brush your teeth before a dentist appointment or shower before seeing your doctor, the same etiquette is appreciated for your waxing appointment.

If you are interested in waxing your face, make sure to discontinue use of certain acid-based facial products at an appropriate time beforehand and plan on waiting a certain period of time after your wax before you begin using them again.

Waxing is a form of exfoliation, so it is necessary to take precautions before having this service if you are using facial products including Retin-A and products with high concentrations of Glycolic Acid and/or Salicylic Acid.

### **What do I wear to my appointment?**

If you come to my salon for a facial waxing, just stay in your clothes and lie on the massage table over a clean sheet.

If you are coming in for an underarm wax, I do not offer gowns (some places do). Either come wearing a tank top or change into one that you bring. A sleeveless tank top allows your underarms to be easily accessible for your wax.

If the service you are asking for is a half or full arm wax, just wear a shirt with appropriate sleeve lengths.

For a back or chest wax, you would remove just your shirt and lay or sit accordingly that

would allow for me to best reach the areas needing waxed.

For a full leg or upper thigh wax you can keep your panties on. I offer a towel to drape over your waistline. For a lower leg wax you are welcome to wear either shorts or pants loose enough to be pulled up a couple inches above the knee area.

For basic or extended Bikini waxings, I offer disposable panties if you request them and your waistline will be draped with a towel to keep you covered and comfortable. For Brazilian and Sphinx services I ask you to remove your panties and drape yourself with a towel. I keep you covered as best I can throughout all my waxing services so you remain comfortable and the areas that need to be waxed are only exposed when needed.

You may be most comfortable after your wax wearing fabrics that allow your skin to breathe, such as cotton fabrics and looser fitting clothing.

## **What exactly happens during a wax appointment?**

Before you arrive, I prepare the room with the supplies needed to perform the specific waxing services you have requested. It is important for you to feel comfortable so I set up the treatment room as if you are my one and only client. I offer hand towels for draping if your treatment requires you to remove your clothing. I also drape the massage table with fresh, clean, white sheets for each client. A trolley situated next to my massage table holds the wax, skin products, and waxing supplies used for each appointment.

When you first arrive, I ask you to fill out a client form. If you've visited my salon before, I ask you to review and update the form. It's important to share any possible contraindications before we begin. This client form is confidential and is only used to best serve my clients.

Once we begin, I make sure that your skin is clean and apply a thin layer of organic olive oil. I

use a wholesome, pure oil from a local supplier. The oil helps create a barrier on your skin to prevent the wax from adhering too much to your skin. Some estheticians use a powder for the same purpose, but I prefer oil.

After your skin is prepared, I apply the wax with new, wooden wax applicator sticks and remove the wax with muslin strips. When the waxing service is complete, I apply a second, thin layer of oil to your skin to help remove any remaining wax residue. I tweeze any stubborn hairs left behind after waxing, and finish with organic witch hazel to cleanse your follicles.

## **How long does a wax appointment take?**

Each waxing service takes a different amount of time, and individuals have different amounts of hair to wax, so the length of each appointment can vary. On average facial waxings, arms, shoulders and half legs can take about 15 to 20

minutes. Underarms and navel take about five to 10 minutes. Full legs, full back and full chest can take about 45 minutes. Bikini waxings can take anywhere from 15 to 45 minutes.

Often, clients will request multiple waxing services in one appointment. If you schedule multiple services together in one appointment the whole session may take less time than if you were to schedule separate appointments. A large majority of my clients like to schedule this way. A popular combination is scheduling an eyebrow wax and a Bikini wax.

### **What does waxing feel like?**

Waxing can feel different to everyone and is a difficult feeling to describe. Different areas of the body can also have different sensitivities. The sensation is more of a nerve pain rather than the pain of getting a tattoo, child birth (so I've heard) and pressure pain, etc. As the root of the hair is

removed, the nerves in your skin are awakened. Blood rushes to the surface of your skin in the areas that are waxed to try and heal that area. That is why your skin can be a little red after waxing.

You may think the feeling of waxing can be compared to that of removing a Band-Aid, but I would not agree with that, mostly because there is no careful application or removal with Band-Aids. Waxing is a precise process and I take careful consideration of direction of hair growth. In addition, immediate pressure from the esthetician's hand helps calm any immediate pain.

As you come in for more waxing sessions, you will notice that with each treatment your skin feels a lot less tender, though it is still possible to have certain sensitivities. You may even begin to enjoy the act of waxing because you understand and have seen firsthand the wonderful results waxing has to offer.

## What does my skin look like right after waxing?

Everyone's skin reaction can be different and unfortunately, until you get waxed, you won't know how your skin will react. In addition to your unique skin and hair genes, a lot of your skin's reaction depends on your esthetician's waxing techniques and the products they use. I like to use organic and natural products for minimal skin irritation.

It is common for clients' waxed skin to become a little pink or red. The process of waxing brings blood flow to the surface of the skin to help heal that specific area. Sometimes the redness can last as little as an hour or as long as a day. Each individual can experience different reactions. Sometimes clients can experience little bumps a few days to a week afterwards. Others may not have this experience at all and have no problem with waxing. This is why it is important

to plan accordingly if you wish to have a wax for a specific day or event.

## What tools do you use for waxing?

Depending on the esthetician's specific techniques and products used, different supplies are required. Here are some supplies that I use during my wax services:

**Wax:** I use a soft wax that is wonderfully safe for the most sensitive skin, and yet strong enough for any type of hair.

**Muslin:** This fabric is applied to the wax and removes the wax and hairs from the skin. I do not reuse my used muslin strips.

**Wax Warmer:** I use a professional double pot wax warmer that maintains my wax at an appropriate temperature.

**Applicator Stick:** I use wooden six-inch long wax sticks for my waxing services. I do not reuse the used wax sticks.

**Gloves:** I use Nitrile gloves during all of my services, both for your safety as well as mine. My Nitrile gloves have the flexibility of latex, but are 100% latex free. I also do not reuse my gloves.

**Waxing Table:** There are many different types of beds out there that can be used for waxing services. You just want to make sure that the bed that is used is comfortable, sturdy and appropriate for the type of service you are getting done.

**Towel:** I use large hand towels to drape the client appropriately according to their specific type of wax service. All estheticians should have some form of draping fabric, but each specific type of fabric can differ depending on the esthetician's preference.

**Sheets:** I use fresh clean sheets to cover my table, which I replace for each clients'

appointment. Some estheticians can use paper, as you would see in a doctor's office.

**Pre- and Post-waxing Products:** Again, for each esthetician's preference these specific products can differ. But there should be a pre-wax cleanser that is used on the skin, an oil or powder that is applied before waxing to help create a barrier from your skin and the wax and an after wax product to help remove any wax residue remaining on the clients skin so that they are not leaving their appointment sticky.

Some other common items you may see during your waxing appointment are: tweezers, trimming scissors, disposable panties and a bolster.

### **What kind of wax do you use?**

There are only two types of wax: soft wax and hard wax. Soft wax requires a strip to remove the wax on your skin. Hard wax does not require

fabric and is removed once it cools on your skin – the wax becomes the strip. With these two different types of wax, there are hundreds of individual types of wax to select from.

I personally prefer soft wax for all waxing services. I have become extremely familiar with it, especially the specific type of soft wax that I use. In my opinion, your waxing results depend so much on the esthetician's form and technique and not necessarily whether they are using hard wax or soft wax. A client may have different experiences with two different esthetician's using the same products. You may hear that hard wax is better for some areas than others but from my experience, that is not necessarily the case and either wax can do an excellent job.

### **How hot is the wax?**

The wax I use has a melting temperature of 102 degrees Fahrenheit (39 degrees Celsius).

Although I do not test the temperature of my wax each day with a thermometer, I do test it on myself as to make sure it is not too hot.

I have become so familiar with the wax I use that I am able to tell if the wax is at an appropriate temperature just by feeling its consistency with my wax sticks. However, I do continue to test the wax on myself throughout the day because I believe you can never be too careful.

If the wax is too hot, it can burn the skin. If it is not hot enough the wax will not work properly and the client will not receive the best wax service they deserve. Only a thin layer of wax needs to be applied to the skin. If the wax is too thick, it becomes messy to work with and does not adhere to the hairs as well.

# Services And Descriptions

## What parts of the body do you wax?

There are many names for the different types of waxing services out there. I have made my list of services as clear and simple as possible. This allows for the least amount of confusion, allows us to talk easily about your hair removal requests, and makes your experience better altogether. I

tell my clients that if a service they would like isn't listed, please feel free to ask.

**Toes:** Hairs on all toes, both feet.

**Fingers:** Hairs on fingers between knuckles, both hands.

**Navel:** Hairs on tummy area around navel, to top of Bikini line

**Ears:** Includes unwanted hair on both ears.

**Lip:** Upper lip of mouth. Can include outer bottom lip line as well.

**Chin:** Chin area, which can include below bottom lip to under chin line.

**Sides:** Both sides of face, from earlobe area, jaw line and cheeks. Does not include chin, just up to chin area.

**Neck:** Front side of neck, below jaw line area.

**Nape:** Hairline area on back of neck.

**Brow:** Includes both brows. Cleaning up above brow line, shaping underneath, cleaning in

between brows above nose area. Includes trimming if needed.

**Full Face:** Includes Brow, Lip, Chin and Sides.

**Underarms:** Includes both underarms.

**Half Arm:** Includes both arms. From top of hand to elbow, does not include fingers.

**Shoulders:** Includes both shoulders and upper arm area.

**Full Arm:** Includes both arms. From top of hand to shoulder.

**Lower Leg:** Includes both legs. From top of foot to a few inches above knee. (Includes knee, does not include toes.)

**Upper Thigh:** Includes both legs. From general Bikini line, to top of knee.

**Full Leg:** Includes both legs. From top of foot to hip/Bikini line.

**Lower Back:** The small of the back above the buttocks.

**Half Back / Full Back:** Pretty self explanatory, please let me know if you have questions.

**Half Chest / Full Chest:** Pretty self explanatory, please let me know if you have questions.

**Basic Bikini:** Cleanup from inner thigh to basic panty line. Can include top of Bikini line as well.

**Extended Bikini:** Cleanup from inner thigh to in more than a Basic Bikini. Can include a strip of your choice, or a complete front cleanup with a rounded shape right above lip area.

**Brazilian:** Cleanup of your choice on the front (Basic or Extended) with Tail Feathers included. Labia area not included in this wax.

**Sphinx:** All Bikini hairs removed. Includes front, labia and Tail Feathers (see below). You can choose to leave a strip or shape of your choice if you'd prefer. This type of wax just simply means that your Bikini lip area is cleaned up.

**Tail Feathers:** A cleanup of the backside hairs, between the cheeks. I offer this service on its own, because I have had requests for this service only. Brazilian and Sphinx waxing prices include this service already.

# An Eyebrow Wax

**As a waxing esthetician, how do you choose eyebrow shapes and styles?**

Each person has unique eyebrow shapes and each eyebrow is not identical. A phrase I've heard and like to share is, "Our eyebrows are sisters, not twins." The key to shaping eyebrows

appropriately is to follow a guideline to see where the eyebrows should begin, arch and taper. Waxing eyebrows is one of my favorite waxing services to perform. There is such an art form in creating a well shaped eyebrow. It can make such a difference in opening the eye area for anyone.

Before waxing, I notice the client's face shape and ask them if there is anything they would like to tell me about their eyebrows before I begin. This allows me to hear any concerns or requests they have to share. If someone doesn't want a lot of maintenance, then I know to keep their shape fairly natural. If someone asks for a pronounced arch, then I know they want a really clean, groomed shape.

In general, I prefer not to wax eyebrows really thin. It is important that eyebrows are shaped appropriately to compliment your face. If eyebrows have been over-tweezed, then they stand out more than if they were thicker and nicely shaped. I have helped several clients

reshape their eyebrows to create a more natural shape.

### **Can I tweeze stray eyebrow hairs in between waxing?**

I have no problem with clients cleaning up obvious eyebrow hairs in between waxing appointments. The important thing to remember is not to tweeze too closely to the main eyebrow shape. It can be easy to get a little too carried away.

I would recommend those of you tweezing at home to tweeze on clean skin. This will help prevent any skin irritations or breakouts that could occur from bacteria entering the open follicle.

Also, it is important not to tweeze above the eyebrow shape yourself. Tweezing too much on top of the eyebrow can dramatically alter the shape of the eyebrow. The basic rule for

grooming at home is just to tweeze the obviously noticeable hairs on and under the brow bone and directly above the nose (about a finger width wide). If you have a questionable hair that you are unsure of, let it be. It is better to have too many hairs to know what to do with than too few.

### **Why do some people have little to no hair on their eyebrows?**

If someone's eyebrow shape is extremely thin or sparse it is possible that their eyebrows have been over-tweezed for several years and those hairs simply no longer grow back.

Another reason could be that as we age, some hairs just choose not to grow back in certain areas.

Certain medications and body health can alter hair growth as well.

There can be many different reasons why someone's eyebrow hairs aren't as thick as they may have once been.

Makeup can help fill in the sparser areas of thinner eyebrows. If you would like to choose this option, I recommend eyebrow powders applied with a brush. This technique is more natural looking than makeup that is applied with an eyebrow pencil.

# A Bikini Wax

**What different types of Bikini wax services do you offer?**

With each specific type of Bikini wax, there can be many different options and I am happy to discuss the variations in person at the time of the appointment to ensure you get exactly what you would like.

**Basic Bikini:** Cleanup from inner thigh to basic panty line. Can include top of Bikini line as well.

**Extended Bikini:** Cleanup from inner thigh to in more than a Basic Bikini. Can include a strip of your choice, or a complete front cleanup with a rounded shape right above lip area.

**Brazilian:** Cleanup of your choice on the front (Basic or Extended) with Tail Feathers included. Labia area is not included in this wax.

**Sphinx:** All Bikini hairs removed. Includes front, labia and Tail Feathers. You can choose to leave a strip or shape of your choice if you'd prefer. This type of wax just simply means that your Bikini lip area is cleaned up.

**Tail Feathers:** A cleanup of the backside hairs, between the cheeks. I offer this service on its own, because I have had requests for this service only. Brazilian and Sphinx waxing prices include this service already.

## How do I sit during a Bikini wax?

For a Basic or Extended Bikini wax the client is able to either keep their panties on or use disposable panties that I offer. For a Brazilian or Sphinx wax it is best not to wear any sort of panties, as to not have the panties get in the way of a good wax.

For all Bikini wax services, I offer an appropriate-sized hand towel to drape your lap with. I have you lay on my massage table on top of a clean sheet with the towel covering your lap. I have the head of the table propped up a bit so you aren't laying down flat and are in a position where you are able to help hold, if needed.

For cleaning up the front Bikini area, I first ask the client to bend their right knee out, bringing their right heel in towards their left leg. The towel remains on their lap covering the client's special area while allowing me to be able to clean up the area they need waxed. Once done

on their right side, I ask them to switch sides and repeat the same pose with their left leg.

When both sides of the Bikini area have been waxed and cleaned up, I ask them to relax both legs down and flat, and fold the top of the towel just enough to clean up the top of the Bikini hairline to the amount the client wishes.

For waxing the labia area, which is my Sphinx wax, I have the client's legs in the same positions and ask the client to help hold the towel in place to cover their inner labia area only exposing the outer labia. This allows the sensitive area to be held nice and taut so the hairs can be waxed appropriately.

For waxing the backside of the Bikini, which I call the Tail Feathers, I ask the client to lie on their tummy. They bend out their right knee and hold their right buttock cheek out, while the towel is draped over their left buttock and thigh. After waxing the inner part of their right buttock, I have them switch legs and repeat with their left leg and

cheek. The backside doesn't take much time and is usually the least painful part of the Bikini area.

### **Can I still get a Bikini wax while I'm on my period?**

Yes. Some estheticians prefer to not wax clients while they are on their period, however as long as you have a clean tampon, it is fine with me. You might experience a little more sensitivity because it is "that time of the month." Our bodies are just a bit more tender during that time and your experience can be a bit more painful with waxing. It is completely your decision about what makes you most comfortable.

### **Can I get a Bikini wax while I'm pregnant?**

Yes. Similar to being on your period, you may experience a bit more sensitivity while being

waxed if you are pregnant, but you are safe to continue waxing during this exciting time for you. The positions of Bikini waxing remain the same and once your belly begins to grow to where you are no longer able to lay on your tummy I have a few different options for you to make your experience as comfortable as possible while cleaning up the Tail Feathers.

### **I'm getting married and I've never had a Bikini wax. Any advice?**

Please note that it will take some time and several appointments for you to begin to see the results of smoother skin and sparser hair from waxing. When scheduling your waxing appointment for a vacation or special event like a wedding, I recommend you schedule at least two wax appointments before the occasion, three are even better. This helps thin your hair growth so you will have less hair to worry about on your trip or special day. This will also let us see how

sensitive your skin is and schedule your last appointment on the day closest to your trip or special day that allows your skin to look its best.

If you have just shaven, please allow some time (about two weeks) for your hair to grow and become long enough to get a nice clean wax.

### **Is it okay to have sex after a Bikini wax?**

Absolutely! It just all depends on your comfort level. Sometimes Bikini waxing can be a sensitive experience, so you might prefer to wait a day or two after your Bikini wax, once your skin has calmed down. This can be the case after your first few waxing sessions.

# After Waxing

## **How will I feel after waxing?**

Immediately after waxing, your skin may feel tender. This is common especially after having waxed more tender areas like the Bikini and underarms. With the roots being so deep in those areas and the high number of nerves located there, your skin may acquire the tenderness of a bruise, but should never look bruised. It is also

common for your skin to appear a little pink or red. In time, this amount of redness can lessen as you wax more regularly and often.

## **How do I care for my skin after waxing?**

Avoid applying any makeup on your skin after waxing. It is best not to touch your skin with your fingers for as long as you can during the day of your waxing. Bacteria from your fingers can easily be transferred into your hair follicles, causing breakouts.

Avoid heavy workouts, sun exposure, baths or fragranced lotions for 24 to 48 hours after waxing.

Do not use a tanning bed 24 to 48 hours before and after waxing. Waxing is a very effective skin exfoliant and your skin can burn easily. Also, any self-tanning creams that you may have used will be removed with waxing. It is not wise to wax

right before or just after going to the beach or pool.

Also keep in mind that the sun can discolor your freshly waxed skin, especially if you are taking hormone supplements.

### **Can I go to a tanning salon after waxing?**

No. You will want to wait at least a day or two before getting into a tanning booth. Waxing is a form of exfoliation and you are more susceptible to burning and damaging your skin if you tan close before and after your waxing service. You may be fine to tan if you cover the waxed area with a towel, but it depends so much on the sensitivity of your skin, so please consult with your esthetician before making plans to visit the tanning booth.

### **Can I spray tan before or after waxing?**

If you are interested in a spray tan please know that any spray tan that is on your skin will be removed with waxing. So if you would like to get a wax and a spray tan around the same time, please schedule your waxing appointment first. You can schedule your waxing appointment on the same day as your spray tan, just be sure to leave enough time to shower after your wax and before your tan, so that any oils that are applied to your skin have a chance to be washed off. Spray tan products don't like to adhere to oiled skin.

# About My Business: WAX by Danielle

I am so happy that I've brought something new to the Fairhaven section of Bellingham, Washington. I've been able to meet such an amazing group of people, in this fun boutique shop. The only two services I offer are Body

Waxing and Lash and Brow Tinting. I've been specializing in these services since 2008.

**Can you please tell me about your tinting services?**

Absolutely. I offer Lash and Brow Tinting using a natural, vegetable based dye. I have several different tints that I can use individually or mix to create the most natural or desired look.

**Brow Tinting:** Includes both brows. I have several choices of colors to use and we can even mix them to create the most natural brow color that you wish. Please allow 15 minutes for this appointment.

**Lash Tinting:** Includes both sets of lashes. Please come to your appointment with no mascara on your lashes. Having bare lashes will ensure you get the best tint. Please allow 30 minutes for this appointment.

## **You have a 'No Tipping Policy'? What does this mean?**

I offer a 'No Tipping' policy as my compliment to you for choosing to come see me. My mom began this policy after opening her salon here in 2001 and wanted to offer this to my clients as well.

## **Do you sell retail products?**

Yes! I am pleased to offer a small line of specialty retail products to anyone who comes to my shop. I am constantly researching new and helpful items that are suited for my business which can help both me perform my job efficiently and also for you to take home and enjoy. I have chosen only quality products to offer to you. Most of my products are organic and natural, some are even locally made. Please view my [website](#) to see my most current retail line.

# *A Final Thank You*

Thank you for taking the time to read my very first book! I am passionate about what I do and would love working with you as well.

Waxing is a wonderful service that you can also enjoy. I am available anytime if you have additional questions or concerns.

If you are ever in the neighborhood of Bellingham, Washington please stop by my shop and say hello! I'd love to meet you!

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WAX by Danielle*

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