

Dear Customer,

Soon you will be depilated with sugar. This hair removal goes to the deeper layers of the skin, so you should read these guidelines carefully for optimal results.

Do: up to 1 day **before** treatment on the body parts to be depilated:

- Use a scrub to remove dead skin cells. Preferably a scrub without oil.
- Do not smear cream, oil or make-up on the parts of the body that have to be depilated.
- Do not use deodorant (cream deodorants at least for several days)
- Rinse shampoo and conditioner forwards.

Do: up to 3 days **after** treatment on the depilated body parts:

- Cool with cold water or an icepack so that the pores will close more quickly
- Smear the practitioner's recommended cream in the morning and in the evening

Do not: up to 3 days after treatment on the depilated body parts:

- Not in the sun or under the sunbed
- Do not shower too hot
- Do not use soap
- Rinse shampoo and conditioner forwards
- Do not sweat excessively
- Not in a (chlorine) swimming pool
- Do not smear cream other than advised by the therapist
- Do not use deodorant
- No sex (applies mainly to brazilian)

Loose, clean clothing and underwear is recommended to take with you to the appointment.