CHECKLIST

Hair Removal Before Vacation

Pick your method. Count back from departure day.

Waxing

- [ ] Weeks before: let hair grow 2 to 3 weeks to at least 1/2 inch (Nair; other sources say 1/4 inch).
- [ ] At least 48 hours before travel (3 days if sensitive skin).
- [ ] No sun for 24 hours after (Nair).

Shaving

- [ ] The day before travel (Nair).
- [ ] Warm water, shaving cream, fresh razor, moisturizer after.

Depilatory cream

- [ ] Test patch 2 days before, wait 24 hours.
- [ ] About 24 hours before travel or sun.

Epilating

- [ ] Braun: the night before (24 hours for irritation to settle).
- [ ] Sources conflict with waxing timing; leave longer if your skin is sore afterwards (my inference).

TIMINGS ARE FROM BRAND AND PRESS PAGES AND THEY DISAGREE.
Follow your product directions. Laser and multi-session treatments are not covered: ask your provider. Not medical advice.

PLANNER

My Countdown and Packing List

Fill in your departure date, then work back.

Departure date: _____ Method: _____

When	Date	What
2 to 3 weeks before		
3 days before		
2 days before		
The day before		

Touch-up kit

- ○ Fresh razor and shaving cream
- ○ Moisturizer
- ○ Sunscreen: broad-spectrum SPF 15+, reapply every 2 hours
- ○ Loose clothing for after waxing
- ○ _____
- ○ _____