PLANNER

Hair Removal Schedule

Four-week planner. Write E, S, W or Su in the box for the day you plan to do it.

E = epilate **S** = shave **W** = wax **Su** = sugar | Month: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 from: ___							
Week 2 from: ___							
Week 3 from: ___							
Week 4 from: ___							

Hair-length check (check the area, not the calendar)

Body area	Method	Last done	At target length?	Next date
			○	
			○	
			○	
			○	
			○	
			○	

STARTING POINTS FROM PUBLISHED SOURCES:
shaving about 1 to 2 mm; epilating no longer than 5 mm (Philips; Braun says it catches 0.5 mm); waxing around 6 mm (Philips) or 1/4 inch (Healthline); sugaring at least a few millimeters (Cleveland Clinic) or around 3 to 6 mm (Philips). Sources differ, so use these as a guide only. The post lists each source.

PLANNER

Twelve-Month Overview

Write the dates you plan to do each method in the month column.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Epilate												
Shave												
Wax												
Sugar												

Event countdown

Event / date I want smooth skin by	Method	Do it on (Braun suggests epilating the night before)

Published gaps, for reference

Method	Gap sources give	Source
Shaving	Lasts 2 to 4 days or longer. AAD, if getting razor bumps: daily or every 2 to 3 days.	Sutter Health; AAD
Epilating	Every 2 to 3 weeks (Philips). Up to 4 weeks smooth; beginners weekly, experienced every 3 weeks (Braun).	Philips; Braun
Waxing	Regrowth at 3 to 4 weeks; up to 6 weeks; wait 6 weeks (Healthline). 2 to 8 weeks (Cleveland Clinic).	Healthline; Cleveland Clinic
Sugaring	Most treatments last about 3 weeks.	Cleveland Clinic

NOTE:
Gaps are starting points from manufacturer and health pages, not rules or medical advice. Do not remove hair over cuts, rashes, bumps or sunburn (Sutter Health). The AAD says waxing is not recommended with isotretinoin (or within 6 months after), an antibiotic or tretinoin, which thin the skin. If a method is causing a skin problem, ask a clinician.