CHECKLIST

Pre-Wax Prep Checklist

Check first, then prep. Sources named in the post.

Check first

- [ ] Skin is not sunburned, very sensitive, red, irritated or broken.
- [ ] No recent skin procedure on the area.
- [ ] I have checked my medicines with a prescriber or pharmacist if unsure (AAD lists isotretinoin, antibiotics, topical tretinoin).
- [ ] Brazilian wax: AAD suggests a professional.

Weeks before

- [ ] Hair at least 1/4 inch (AAD: 1/4 to 3/4 inch; trim longer hair).
- [ ] No shaving or tweezing between waxes.

1 to 2 days before

- [ ] Exfoliate gently (24 to 48 hours ahead).
- [ ] No excessive sun or tanning beds.

The day of

- [ ] Wash the area gently.
- [ ] Dry it completely (wax will not stick to wet hair).
- [ ] No heavy oils or lotions. A little powder if you use it (Healthline).
- [ ] Loose clothing ready.

Just before

- [ ] Wax temperature: follow the package; test on your wrist.
- [ ] Cold pack ready.

SOURCES DIFFER

on exfoliation timing, powder, lotion and retinol days; the post shows each one. Prep steps from the AAD, Healthline and the European Wax Center; not medical advice. Redness or swelling lasting more than two days: see a board-certified dermatologist (AAD).

LOG

My Wax Log

Eight waxes. Hair length and how your skin looked are the useful columns.

#	Date	Area	Hair length	Skin OK	Notes: what helped, what to change
1				○	
2				○	
3				○	
4				○	
5				○	
6				○	
7				○	
8				○	