

Before waxing:

Please make sure that your hair is approximately 1/4 of an inch long (ex. The length of a grain of rice). This will ensure that you get the most efficient wax. Hair should not be any longer or shorter. Gentlemen are also advised to follow this rule for abdomen and back. Female clients may find that they are more sensitive during and right before their menstrual cycle, and will want to avoid making appointments at that time. If you are more sensitive to waxing, it is best to take a pain reliever one hour before your appointment. Please stay out of the sun and tanning beds 24 hours before and after the service, and ALWAYS WEAR SUNSCREEN. Do not apply lotion to skin being treated before-hand, as it causes the wax to not sit on the skin properly. Any contraindications must have a physician approval before-hand in order to receive service. All contraindications and medications must be stated accurately and honestly, in writing, for your protection and to ensure proper care.

After waxing:

It is best to wait 24 hours before doing any strenuous activity after your wax (sweating/ chaffing). It is best to stay out of hot tubs, pools, lakes and the sun/tanning beds for the first 24 hours as well. This will ensure that the skin does not become irritated or infected. Ingrown hairs are common. To help avoid in-grown hairs, it is best to exfoliate the area gently once a day. We recommend a growth inhibitor to help avoid in-grown hairs, and slow the growth process of the hair. After your wax, it is normal for your skin to have red bumps, some redness and some pinpoint bleeding. Your skin will go back to normal within a couple of days and you are able to use a topical cream as needed such as a Benadryl cream. Avoid heavy make-up immediately after waxing to allow the skin to breathe and avoid break outs. If you must use a cover-up, use a Non-comedogenic formula. Waxing before any special events should be done approximately 48 to 72 hours prior to any event. Please keep this in mind before making your appointment.

Name: _____

DOB: _____ Date of Service: _____

If under 18, please provide your age _____

Waxing certain areas can be uncomfortable. We attempt to minimize discomfort by waxing with a professional technique. In addition, there are also steps that can be taken before the procedure, such as taking ibuprofen or other oral analgesic before the procedure.

- Are you currently taking Accutane? Yes No
- Are you currently using Retin-A / Tretinoin / Renova / Acne Medicine? Yes No
- Have you ever been waxed before today? Yes No
- Have been diagnosed with diabetes? Yes No
- Do you have any known allergies? Yes No

Description of allergies:

Possible complications with waxing procedures:

- Sensitive skin can burn from waxing procedures.
- Accutane and Retin-A or Tretinoin are drying to the skin, therefore, waxing may lead to removal of skin, which may cause scarring.
- Waxing over sunburned or very tanned skin may lead to removal of the skin, which may cause scarring.
- Diabetics have a very hard time healing when a wound or lesion occurs to the skin, as the immune system is unable to function fully to fighting bacteria.
- Allergies to any of the product ingredients used in waxing may cause severe allergic reaction. I confirm (to the best of my knowledge) that the information I have provided is accurate and complete. I have not withheld any information that may be relevant to my treatment and/or the results thereof. I am aware that there are often inherent risks associated with skin care services including waxing procedures, and that the services I am about to receive could have unfavorable results including, but not limited to: allergic

reaction, irritation, burning, redness, scarring, soreness, etc.

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By signing below, I further agree that I will not hold Prairie Spa or any of its employees responsible should there be any unfavorable outcome or result.

Signature: _____ Date:

Client If under 18, Parent signature

Parent or Guardian Consent (Must be completed for clients under the age of 18)

In consideration of ("Minor") _____ (print minor's name) being permitted by Prairie Spa to participate in its services including but not limited to, skin care services. Certain waxing services are prohibited to minors such as bikini/Brazilian waxing. I further agree to indemnify and hold harmless Prairie Spa from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such services by Minor.

Signature of Parent or Guardian:

Print Name: _____

Date: _____