

# Tips for Brazilian / Manzilian Services

- **Please shower before your appointment.** We won't spell it out... you catch our drift. (in a pinch, wet wipes are a lifesaver!)
- **Hair must be a quarter of an inch** (about 10-14 days of growth) to adhere correctly to the wax.
- **Resist the urge to shave between sessions.** Shaving chafes the skin and creates sharper, coarser hair!
- **Gently exfoliate the night before or take a warm bath to prep the skin before your wax.**
- **Chill.** Come to your appointment as relaxed as you can. Don't listen to friends who tell you their waxing horror stories.
- **Take a deep breath.** We often ask clients to take a few deep breaths and to try to relax their muscles once they get on the waxing table.
- **Know that it gets better.** We get that first timers don't know what to expect. Every wax after the first one gets easier, especially when your hair starts growing in finer and we weaken that horrid follicle!
- **Remember, it will be over before you know it.** Being fuzz-free is so worth a couple minutes of discomfort!