

1) PLEASE PREPARE BEFORE YOU BARE

To get the best results and to achieve silky soft skin, you need to prepare it pre-wax. Gently exfoliate and moisturise a week or two before your salon appointment as this will help the hairs break through and be easier to be pulled out from the root. You don't need to use anything expensive, just a soft dry body brush or exfoliating scrub.

2) SHAVING IS THE ENEMY

If you want to remain hair-free for as long as possible, you really should grow the hair for 10 days before getting waxed. That means NO shaving in between – if you don't let it grow long enough then you won't get a smooth finish, and the hair will start to grow back before you know it.

3) ONLY ACCEPT HOT WAX

Check that your salon uses only HOT wax on sensitive areas such as the bikini, underarms and face. Some salons will say they do and when you get there they use strip wax. Hot wax is a thick wax that they apply and then remove with just their hand. Strip wax is wonderful but shouldn't be used on the areas mentioned as it's not as gentle and can leave you feeling sore. If they don't use hot wax on for bikini, Hollywood or Brazilian waxing then run for the hills.

4) DON'T SWIM FOR 24 HOURS

If you've had a pre-holiday wax, keep up the moisturising while you're away as pool and seawater can be very drying. Follow your salon's aftercare advice and don't go swimming until 24hrs after your waxing to avoid infections.

5) BE VERY CAREFUL WHEN SUNBATHING

Whatever you do, DO NOT expose the waxed body parts to the sun until 24-48 hours after your waxing as this sensitive skin will easily burn and you could be left with permanent pigmentation marks (dark brown patches). If you start to feel freshly waxed areas tingling when sunbathing then apply a higher SPF, this is especially important on the upper lip.

6) HOW TO DEAL WITH INGROWN HAIRS

Red lumps under the skin indicate ingrown hairs, gentle exfoliation and regularly moisturising is key. If you get in-growers, treat them with treatment ingrown x it spray, anti-bump foaming gel.

7) LOOK BEHIND

I'm talking about your backside. A good bikini wax should remove the hair from your buttocks.