

LYCON  
BRAZILIAN  
PROCEDURE

Lycon  
precision waxing™





## Female Brazilian Waxing Training

Brazilian waxing is becoming a part of everyday life for many women around the world and also for many men. It is not a difficult procedure, however we do need to perform Brazilian waxing in a professional manner at all times. All Lycon waxes can be used to do Brazilian waxing with; however for best results and minimal discomfort, Lycon recommends either a Lycon hot wax or a Lycojet wax for Brazilian waxing.

Many operators use strip wax, which is fine and all Lycon strip waxes can be used for Brazilian waxing. Lycon strip waxes are strong and effective, however Lycon hot waxes and Lycon Lycojet waxes are very strong and at the same time very gentle, which makes Brazilian waxing with Lycon the most comfortable available. The reason is because Lycon hot waxes and Lycojet are a very low temperature and they remove hair as short as 1mm, which is important with Brazilian waxing. In addition, which is extremely important, Lycon hot waxes and Lycojet can be reapplied on the same area 5-6 times, without the client feeling any heat from the wax and the wax will not pull skin off.

All this makes waxing with Lycon a very pleasurable and gentle experience with long lasting results.

To complete the Brazilian Waxing Training, it is important that the students already know how to wax with hot wax. It is useful that they have one of the following qualifications;

- a. Diploma in Applied Science (Beauty Therapy)
- b. Certificate 4 of Beauty Therapy
- c. Diploma in Hairdressing
- d. Certificate 4 of Hairdressing

### HYGIENE

It is important to offer a hygienic and professional salon treatment to minimise the possible risk of infection. We do not recommend re-dipping of spatulas when waxing and gloves should also be worn during bikini and brazilian waxing. In all instances it is important to know your local Government Health Department regulations in relation to professional waxing services and what their rules and regulations are.

It is imperative to keep all appliances, implements, instruments and tools in a clean condition and that they are disinfected... such as instruments and tools must be disinfected before use and **immediately after each use on each customer.**

### BEFORE WAXING

- ❖ Client Consultation – discuss with your client exactly how much hair they would like removed.
- ❖ Client Comfort – for the comfort of both client and therapist, the client can wear a disposable elasticised G-string. However, as people are becoming used to having Brazilian waxing, it is more common for the client not to wear a G-string at all. If the client wears a G-string, you will find that in the end the G-string needs to be removed in order to be able to remove all the hair.
- ❖ Wash hands and put gloves on.
- ❖ During the treatment, the underwear, or disposable G string is pulled into the “middle” or moved from side-to-side to provide an element of modesty, while adequately exposing areas to be waxed.
- ❖ Apply **Lycotane** to entire bikini area to be waxed. This will remove surface bacteria, perspiration and moisture residue.
- ❖ Apply **Lycon Pre-Waxing Oil** to the entire bikini area to be waxed, as well as on the immediate surrounding skin.
- ❖ Trim bikini hair if it is too long and particularly if the hair is thick. Best done with electric or battery operated hair clippers. Do not cut the hair any shorter than 1cm. Bikini hair can also be cut with hair cutting scissors. (For your information, we find it convenient and less messy to trim the hair after **Pre-Waxing Oil** has been applied, so that hair is not so fly away. In any case, it is important to cleanse the area well with Lycotane before Pre-Waxing Oil.) It is important to clip long hair as wax will be applied more easily and there will be less drag on the skin, when the wax patches are removed. In addition, you will not catch hair from opposite sides and pull them. You will have more control over the waxing process.
- ❖ Re-apply **Pre-Waxing Oil** when required throughout treatment, in between wax patch re-applications.

### APPLICATION TECHNIQUES

LYCON hot wax removes hair that is 1mm long and often shorter. To ensure hair removal with the first application;

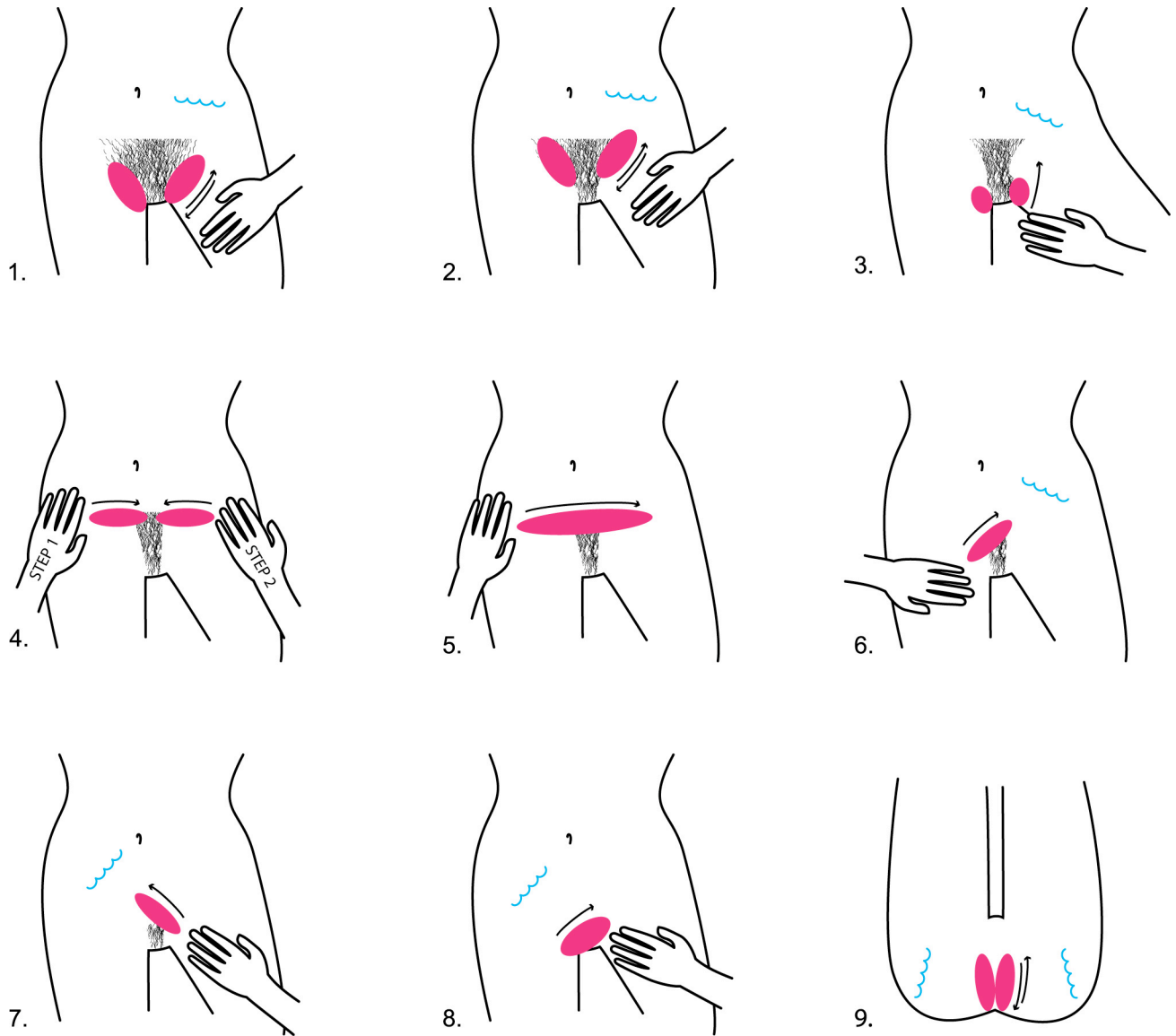
- ❖ Work from the “outside” “in”
- ❖ Apply the wax against the direction of hair growth in narrow strips. Strips should be about 2-3cm wide and 7cm long.
- ❖ **DO NOT** apply large wax patches on hairy bikini areas, as they will be difficult to remove!
- ❖ Scrape the hairs upwards firmly with the spatula, against the hair growth, into the wax with the spatula, especially if hair growth is short, stubborn or has been shaved.
- ❖ Apply narrow wax patches with firm scraping pressure. A scraping action helps lift the hairs into the wax for a better grip.

- ❖ It is important that the wax patches are also applied onto some of the surrounding hair free skin. This way you can flick the wax patch off on hairfree skin, which will be more comfortable for the client. If possible, apply the wax on hair free skin at the base of the wax strip and at the top. This way you have a "handle" at both ends of the strip, so you can pull the watch patch off in either direction.






### APPLICATION OF PATCHES

- Step 1** With the client lying down either flat, or reclining, have one leg stretched out and one bent up and out. Apply wax patches to the bikini area working from the outside in, as in diagram 1.
- Step 2** If client is wearing underwear, ask them to stretch the edge of it firmly over the skin, which helps to support the skin. Apply more wax patches lower on the leg, as in diagrams 2 and 3.
- Step 3** Apply wax patches to the inner thigh and work from the outside towards the middle, as in diagram 3, remember to apply wax against the hair growth, making sure to lift the hairs up into the wax, as well as creating the "handle" to remove with.
- \*\*\*\*Remember to ask for client's assistance in supporting their skin, especially the lip fold area (Labia Majora)\*\*\*\*
- Step 4** If possible and comfortable for the client, ask the client to bend the other leg out also and repeat wax applications on the other leg. This way you can work on both legs as the wax sets on either leg. Make sure you do check with the client that they are comfortable in this position. If the client is uncomfortable, work on inner thigh at a time.
- Step 5** If the client needs hair removed towards the back of the leg, ask the client to hold one knee bent back towards their chest and the other leg stretched out flat. Apply wax patches to the lower area towards the back of the leg. To get all the hair off, depending on the clients size and flexibility, the knee may need to be pulled up and out to the side. Apply wax from the outside to the middle against the hair growth, as in diagram 4.

## Brazilian Waxing Procedures



### KEY

-  Therapist supports skin in this area
-  Wax patches
-  Direction to pull wax off (usually against hair growth)
-  If there is difficulty pulling wax off against the hair growth, change direction and pull wax off with the hair growth
-  Client can support by stretching skin taught in this area

\* These diagrams and support methods are only a guideline, as all clients vary in hair growth, client size and weight. Diagrams depict a right-handed person.

### SUPPORT

- ❖ If the skin is not supported and taut, bruising can easily occur. **DO NOT** remove patches until the skin is held taught. Ask your client to help with supporting to achieve maximum support and therefore minimal skin drag and discomfort.
- ❖ While providing support to the skin, if your hands are slipping due to oil on the skin or oil on your gloves – use a tissue to hold the skin taught.
- ❖ Remember, the further back the leg is, the more taught and exposed the area will be.
- ❖ Ideally, the skin should be supported on both sides of the wax patch, as in diagram 5. Which means that the client supports the opposite side to the therapist while the wax is being removed.

### REMOVAL TECHNIQUES

- ❖ To minimise client discomfort, it is best to remove wax patches in a quick, swift and confident pull.
- ❖ If the wax has dried too much or is not coming off easily, you may need to re-apply another wax patch over the previous patch and remove the wax patch again.
- ❖ Patches that are difficult to remove in one direction, are often removed more easily in the opposite direction, which is why you need to have a lifting edge at both ends of the strip.
- ❖ The pubic area consists mainly of terminal hair growth. It is usually strong and stubborn. This means that you need to work firmly and confidence when removing wax patches.
- ❖ Our aim in performing a Brazilian wax is to achieve hair free results quickly, and with as little discomfort as possible. It is important to remove the thought that you are hurting the client. This way, you will be more in control and your client will not feel your feelings of maybe hurting them. Do not be tentative about what you are doing, as this will cause more pain, as well as make the client uneasy and uncomfortable. Again...be firm and confident!

### POST WAXING

- ❖ Tweeze any odd remaining hairs
- ❖ Cleanse with **Lycotane** on the entire waxed area.
- ❖ Depending on skin heat and reaction, a cold compress may need to be applied.
- ❖ On completion apply a light film of **Lycon Tea-Tree Soothe**.
- ❖ Once you have finished the treatment ask the client if they would like to inspect the area. This will give the client an opportunity to let you know if they are happy with the service. If the client's expectations of the treatment were not met, perhaps they wanted more hair removed; they can tell you so you can provide, exactly what they would like, before they leave the premises.

**HOME CARE AND MAINTENANCE**

For most clients, waxing does not present any problems. However some clients may experience some things after waxing, such as itchiness or ingrown hairs. If they experience itchiness, it is only because the follicles are actually slightly bruised when the hair is pulled out and when the follicles are healing, there may be some itchiness, which is normal.

Some clients may develop some ingrown hairs, which is mostly unavoidable for some clients.

Some clients may even get folliculitis, which is an infection of the follicle. However clients rarely get folliculitis from waxing. They can more likely get it from shaving and creams they apply that are off, or not a good quality.

To help minimise these negative effects, Lycon offers the LYCONspa Specialist Body Care range. It consist of products to help reduce ingrown hairs, exfoliate, moisturise etc. (please refer to LYCONspa product information).

**HOW LONG DOES BRAZILIAN WAXING LAST?**

It depends on each person and how keen they are to keep the area completely hair free. Generally the re-growth begins to appear after 10-14 days. All hairs will not grow back at the same rate. Re-waxing can be done once all the hairs have come through or anytime they wish.

**HAIR REGROWTH**

As with all waxing, the hairs will grow back softer and less. After a few treatments, about 20% of the hair will not grow back. With regular waxing hair growth will reduce further and hairless patches will develop.

**ACTIONS AND BENEFITS OF LYCON PRE-POST PRODUCTS**

<b>Description</b>	<b>Action</b>	<b>Benefit</b>	<b>Size</b>
Lycotane	Removes oils, perspiration, make-up and surface bacteria.	Cleanse & freshen the skin, keeping it clean and germ free. Closes the hair follicle to prevent bacteria infecting the newly waxed area. Prevents formation of in-grown hairs.	125ml 500ml 5ltr
Pre-Waxing Oil	A pre-soother with Azulene extract.	Prevents wax from sticking to the skin and it soothes the skin before and during waxing. Used before hot and Lycojet waxing	125ml 500ml 5ltr
Tea-Tree Soothe	A light, moisturising, calming cream with tea-tree oil.	Soothes, prevents redness, moisturises the skin after waxing.	125ml 500ml 5ltr
Wax Solvent	Removes all traces of wax (hot, Lycojet or strip) off any surfaces, including clothes.	Contains ingredients found in household cleaners - safe to use on clothing, wax heaters, tweezers, carpet. Has a citrus fragrance.	125ml 500ml 5ltr

## Brazilian Waxing Procedures

[illegible]