

The Joys of the Brazilian Wax

If you're new to waxing, going straight for a Brazilian bikini wax is quite a step; most people dip their toes in with a basic bikini wax first and then try a Brazilian.

According to one study from a few years ago, most women between 18 and 49 remove some or all of their pubic hair. A 2013 study from the Department of Obstetrics and Gynecology at the University of Texas found that only 8.6 per cent of women from the ages of between 16 to 40 had never groomed their pubic hair at all, although most women said they shaved with a razor, trimmed with scissors, or used hair removal cream, 16 per cent of people said they waxed.

Why Women Remove Their Hair

Most women just like the way it looks – we groom everywhere else so why not our pubic hair? Most women say they prefer a neater, cleaner look.

Many women love their Brazilian waxes, and although yes, they hurt a bit and yes, if you're not used to having your most intimate areas out for inspection it can feel awkward, once you've seen the results you'll be hooked.

Top Tips for Breezing a Brazilian

You might feel a little apprehensive at first but don't worry, your esthetician will put you at ease and answer any questions you might have. Before you start, tell the therapist if you are worried, have any sensitivities or are especially ticklish – they can keep that in mind once you're being waxed.

It's always going to feel awkward at first; you're showing your nether regions to a stranger (or you might know the esthetician which could be even more awkward depending on your perspective) but you can't get around that. Try to relax.

Before Your Appointment

1. Use the toilet. If you must use the bathroom, go before the wax. You really don't want to be needing the bathroom halfway though.
2. Shower – as well as being cleaner, a warm shower opens your pores so the hair will come out easier.
3. Make sure that your hair is at around 1/4-inch-long before your wax. Don't let it get too long, in general if you're a shaver you need to wait about three weeks after a shave before getting a wax.
4. Exfoliate – if you exfoliate your skin before a wax it helps to stop any dead skin cells getting in the way of your hair being pulled out by the root.

Wear Comfy Clothes

Wear something that's loose-fitting for a waxing appointment as your skin will probably feel more sensitive than usual afterwards, which could be irritating if you're wearing tight clothes. Underwear wise – avoid thongs because of wax residue, and opt for loose, comfy and not your favourites.

Do You Need Painkillers?

Some people swear by taking a pain killer about an hour or so before a waxing – something like Tylenol might help. Some people don't bother with any pain relief – it's your choice. See how you go, you might want to try it the first time and then realise it really wasn't so bad.

What If You Get Your Period?

It's not a great idea to get a wax on your period – not just because it makes things more awkward for the esthetician, but also because it tends to hurt more. You're more sensitive when you're on your period and with the best intentions it can still get a bit messy sometimes.

After Care

Take it easy after you've had a wax and try to avoid doing any workouts or activity that might get you sweaty. It's not a good idea to sweat too much after a wax, so for a day or so afterwards you have an excuse for missing the gym.

Avoid in-grown hairs by exfoliating after the wax as well as before. You can try using a body scrub from the drugstore that has beads in it, just anything that has a bit of an exfoliating effect.

If you don't already (we're sure you do) make sure that you keep the area clean and fresh after the wax, to avoid a build-up of dead skin, and get rid of any waxy residue from the treatment.