

Nude U

Best Waxing Practices



Waxing Overview

Waxing is a highly effective, no-nonsense form of semi-permanent hair removal that yanks hair straight from the root, leaving the skin smooth, clean, and dangerously touchable. Because we remove hair at its source, most clients enjoy four to six weeks of freedom before anything dares to grow back. And yes... almost every part of the body can be waxed to polished perfection: brows, underarms, face, bikini, legs, arms, back, abdomen,

pecs, patella, and penis! We can even wax those tragic little toe hairs. (Trust us: If it grows hair... we can wax it!!!)

Soft Wax is our “Naughty Wax.” It’s fast, easy, and absolutely the stripper of the NudeU family. Apply a thin, even layer, press on a non-woven strip, and rip your way to smooth, bare, beautiful skin. Quick, efficient, and just a little scandalous—exactly how we like it.

Hard Wax, on the other hand, is a little... hard-er to handle. It’s thicker, slower, and needs a moment to cool down before locking onto the hair with its own flexible grip. Once ready, it comes off clean—no strips required—making it the undeniable “Queen of the Sensitive Spots.” (Remember: Hard Wax clings more to the hair and less to the skin, giving clients with sensitive or aging skin a far gentler, more luxurious experience.)

1 Preparing your Wax Cart

🕒 10 - 15m

- ✓ Waxing cart (Many estheticians prefer a movable cart with drawers or multiple levels.)
- ✓ Gloves
- ✓ NudeU Rose Petal Pre-Wax Cleanser
- ✓ NudeU Post-Wax Release Oil
- ✓ NudeU Wax Warmer (Various sizes available Available)
- ✓ NudeU “Keep It Clean” Wax Collars
- ✓ Your Preferred NudeU Soft Creme or Hard Bean Wax
- ✓ Disposable Wax Applicators (many sizes are available)
- ✓ NudeU Non-Woven Large Pre-Cut Wax Strips or Strip Roll
- ✓ Baby Powder
- ✓ Preferred Essential Oil
- ✓ Wet Wipes
- ✓ Tissues
- ✓ 2x2 cotton
- ✓ 4x4 cotton
- ✓ Table paper
- ✓ Trash bins with liners
- ✓ Clean linens
- ✓ Cleaning, disinfecting, and sanitation supplies



2 How to Melt your Wax

🕒 30-40m

- 1 Approximately 20–25 minutes prior to your waxing service, fill your warmer with wax, then flip it on like the Waxing Boss you know you are.
- 2 First time using your NudeU Warmer? Sweetie, read the instructions! They're on the box (and in the box) for a reason. Trust us—read them before operating the warmer!
- 3 On Single and Double Warmers, be sure to remove the warmer lid(s) and place a “Keep It Clean” Protective Wax Collar around the on the top of the wax can or around the rim of the Reuseable Wax Pot, whichever you prefer. (It will prevent wax from dripping into the heating chamber... and drama when you go to clean up.)
- 4 When working with a NudeU Soft Cream Wax, remove the plastic cover from the wax can, along with the seal, then place the can into the wax warmer.
- 5 When working with our NudeU Hard Wax Beans, fill the tin with the beads. (An empty pot will make you no money!)
- 6 Adjust the temperature dial to your desired setting and allow at least 15–30 minutes for the wax to melt. (Staring at it won't melt it any faster... so get a Smart Plug if you are the type to run late!)
- 7 Stir the wax thoroughly, then turn the dial down to a working range, typically between 50–70 degrees. (Hot tip for heating wax: a warmer with more wax in it requires more heat—while a wax pot with less wax, will require you to turn the temperature down in order to maintain the desired consistency and provide a safe application. Balance darling!)
- 8 Safety first: Always test the wax temperature on the inside of your wrist before even **thinking** about beginning the service. Wax should feel warm, cozy, and “ahhhhhh”... never “OWWWWW!” or “Are you trying to burn my labia off?!?”



3 Sanitation

🕒 5-10m

- ✔ Wash your hands with soap and water before every client. We adore hygiene almost as much as we adore smooth skin.
- ✔ Sanitize AGAIN before slipping on your gloves. Clean → cleaner → “don’t-touch-me-I’m-sterile” energy.
- ✔ Prep that canvas: Cleanse the client’s skin with NudeU Rose Petal Pre-Wax Cleanser like you’re unveiling a masterpiece.
- ✔ Gloves on! ALWAYS! No exceptions! (My Momma always said, “Use protection! No glove—no love!”)
- ✔ Fresh spatula every dip. Say it with us: NO! DOUBLE! DIPPING! We are professionals, not toxic swamp creatures from outer space!
- ✔ Disinfect the entire Waxing Station before and after every service—bottles, handles, carts, beds, and anything you touched or might have even grazed. (If it exists within a five-foot radius of that wax warmer, you should probably wipe it down... and wipe it like you mean it.)
- ✔ New linens and fresh table paper every client. (Crust is only good on pie.)
- ✔ Toss all single-use items (applicators, table paper, cotton rounds, etc.) into the trashcan like the Sanitation Saint you were meant to be.
- ✔ Follow your State laws on sanitation and infection control. It’s not optional, it’s your license.
- ✔ Use EPA-approved disinfectants labeled bactericidal, fungicidal, and virucidal. If it doesn’t murder germs and other nasty things, it simply is not a “NudeU Kind of Cleaner.”
- ✔ Avoid waxing over irritated skin or areas with active ingrown hairs. (We’re here to help, not hurt.)
- ✔ Recommend exfoliation to your client. (Pro tip: The NudeU Body Brush delivers gentle exfoliation, prevents ingrowns, boosts circulation, and keeps clients glowing. Honey, it is basically a tiny magical wand—minus the glitter. Your client’s skin will thank you.)
- ✔ Don’t forget to cleanse the client’s skin with NudeU Rose Petal Pre-Wax Cleanser prior to waxing.

4 Waxing Contraindications

These are common contraindications to waxing (this is not an exhaustive list... there are plenty of other contraindications... but these are the “Biggies.”). Always ensure your client does not have any of the following before providing waxing services and have them initial that they have disclosed relevant conditions and medications.

Medical Treatments & Medications

- ✓ Isotretinoin (Accutane) use within the last 12 months
- ✓ Topical exfoliating medications: Retin-A, Renova, Adapalene, Differin, Epi-Duo
- ✓ Topical or oral cortisone medications
- ✓ Hydroquinone or other skin-lightening agents
- ✓ Some oral or topical antibiotics known to thin or sensitize the skin
- ✓ Clients on blood thinners or with clotting disorders
- ✓ Clients undergoing (or recently having undergone) cancer treatment unless cleared by a physician

Skin Conditions & Sensitivities

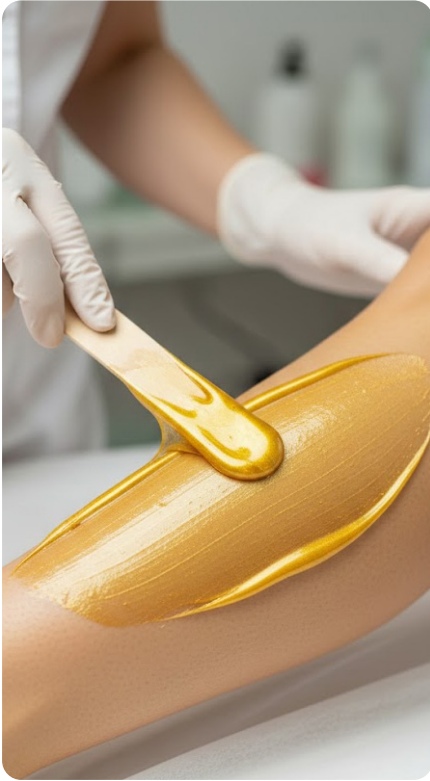
- ✓ Rosacea or highly reactive skin
- ✓ Eczema, ringworm, fungal infections, or similar disorders in the treatment area
- ✓ Irritated, inflamed, sunburned, or windburned skin
- ✓ Warts, moles, skin tags, or suspicious lesions in the waxing area
- ✓ Active cold sores or fever blisters
- ✓ Recent scars, stitches, or skin grafts
- ✓ Extremely thin or fragile skin

Cosmetic Procedures & Topicals

- ✓ Recent chemical peels (glycolic, salicylic, or acid-based)
- ✓ Products labeled “smoothing,” “clearing,” “lightening,” “brightening,” “firming,” or “lifting”
- ✓ Recent microdermabrasion
- ✓ Laser resurfacing within the past year
- ✓ Physician-administered chemical peels
- ✓ Injectables (Botox or dermal fillers) in or near the treatment area
- ✓ Recent cosmetic or reconstructive surgery until fully healed and medically cleared

Other Considerations

- ✓ Varicose veins in the treatment area
- ✓ Diabetes (especially uncontrolled or poorly managed)



5 Waxing with Hard (stripless) Wax Do and Don't

Do:

- ✓ Apply the wax evenly with slightly thicker edges – think “clean, defined lip”... not “mystery blob that I will pull from some random direction.”
- ✓ Apply wax in the direction of hair growth and remove against it. (Even if you “Figure-8” or “Swirl” it... you still need to finish in the direction of the hair growth and pull against it to remove the unwanted hair... unless you are just trying to break the hair off and do a lousy wax job!)
- ✓ For fine vellus hair, keep it thin and remove it when the wax is tacky. (Not wet and sticky, not hard and crispy – tacky like one of our Founder Jeremiah’s suits!).
- ✓ Follow the body’s natural curves when removing. Your client will love you for it.
- ✓ Use firm pressure right after removal to calm the skin and reassure your client that you know exactly what you’re doing.
- ✓ For coarse or short hair, lay the wax a little thicker and wait until it is fully dry and set. Patience = perfect pulls.

Don't:

- ✓ Pry or scrape wax off the skin with your spatula. (You’re an esthetician, not an archaeologist.)
- ✓ Flick the wax aggressively – it can cause bruising. (And bruises do not make great salon/spa souvenirs.)
- ✓ Leave your spatula marinating in the wax warmer. (It’s not a fondue pot folks.)
- ✓ Tap the skin with removed wax. It’s weird. Stop it.
- ✓ Twirl the wax on your spatula like you’re making cotton candy. Strings = mess, not mastery.



6 Service Steps

Step 1 - Cleanse and Prepare

- ✔ Check the area to make sure it's free of piercings, dirt, open wounds, mystery glitter, or anything else that doesn't belong.
- ✔ Cleanse thoroughly with NudeU Rose Petal Pre-Wax Cleanser – then give it a moment or two to dry.
- ✔ Blot away moisture like you mean it. Any leftover moisture or oil will sabotage your wax... and we don't tolerate sabotage.

Step 2 - Wax

- ✔ Choose the right wax (hard or soft). The area and skin type will tell you everything you need to know – listen to it like it's "good" gossip.
- ✔ Apply wax in the correct direction, stretch that skin like a pro, and remove with a smooth, controlled motion. No chaos pulls.
- ✔ Work in manageable sections and always, always support the skin. Your client should trust you, not fear you.

Step 3 - Calm and Moisturize

- ✔ For the face, use NudeU Rose Petal Pre-Wax Cleanser again followed by a light application of NudeU Post-Wax Release Oil to keep the skin cute and unbothered.
- ✔ For the rest of the body, apply NudeU Post-Wax Release Oil liberally with gentle massage motions. (Except the face, which only needs a light application.)
- ✔ Always use NudeU Post-Wax Release Oil to remove any stubborn wax residue – because we leave no evidence behind.

7 Cleaning the NudeU Wax Warmer

- ! At the end of each day, turn off your NudeU Wax Warmer and let it cool before touching it. If it's still hot, keep your hands to yourself.
- ! Remove the wax ring collar by gently pulling it apart at the split, then trash it. It did its job.
- ! If you're storing your wax, pop the lid back on the tin. Easy, clean, organized – the NudeU way.
- ! For tiny spills, wipe the warmer with a wax cleaner or a drop of oil. Quick fix, no drama.
- ! For bigger messes, use a wax-removal liquid cleanser in a well-ventilated area while wearing gloves. Professionals cleanup – Losers are lazy!
- ! Cover the melting pot loosely with its lid to protect it from dust, debris, and salon gremlins.
- ! Disinfect the exterior of your NudeU Wax Warmer and all surrounding surfaces according to your state regulations and COVID-era sanitation protocols. Cleanliness is cute. Nastiness is... well, NASTY!
- !! Never – and I mean N-E-V-E-R – leave your wax warmer on overnight or unattended. Here at NudeU we love smooth skin, not fires.
- !!! Did we mention... **TURN OFF YOUR WAX WARMER AT NIGHT!?!?!**