



Table of **CONTENTS**



THE COMPLETE GUIDE TO BODY WAXING IN BROOKLYN NYC BY BROOKLYN BROWS

SHED THE STUBBLE: EXPERIENCE ULTRA-SMOOTH, EFFORTLESS SKIN

- | | | | |
|----|---|----|--|
| 01 | PROFESSIONAL WAXING, SKIN PREP, AND
EXPERT AFTERCARE | 08 | BENEFITS OF PROFESSIONAL WAXING |
| 02 | THE HISTORY OF WAXING | 09 | WAXING VS. SHAVING VS. DEPILATORY
CREAMS |
| 03 | UNDERSTANDING THE WAXING
TECHNIQUE | 10 | COMMON MYTHS ABOUT WAXING |
| 04 | PROFESSIONAL TOOLS AND PRODUCTS
USED IN WAXING | 11 | AFTERCARE TIPS FOR BODY WAXING |
| 05 | STEP-BY-STEP PROCESS OF
PROFESSIONAL BODY WAXING | 12 | PROFESSIONAL WAXING VS. AT-HOME WAXING |
| 06 | SOFT WAX VS. HARD WAX | 13 | WHEN SHOULD YOU GET WAXED? & FINAL
THOUGHTS |
| 07 | CHOOSING THE RIGHT WAXING SERVICE FOR
YOUR BODY | | |

WHETHER YOU'RE LOOKING TO SIMPLIFY YOUR MORNING ROUTINE, CREATE NATURALLY FULLER-LOOKING BROWS, OR REFRESH YOUR OVERALL APPEARANCE, THIS GUIDE WILL HELP YOU UNDERSTAND EVERYTHING ABOUT PROFESSIONAL BODY WAXING AND HOW TO ENJOY LONG-LASTING, BEAUTIFUL RESULTS.



PROFESSIONAL WAXING, SKIN PREP, AND EXPERT AFTERCARE

Smooth, healthy-looking skin starts with the right **hair removal method** — and for many people, that method is **waxing**. Among the many options available today, waxing remains one of the most widely used techniques for achieving **longer-lasting, salon-smooth results** across the body.

This guide explains **the technique, the science behind it**, how to choose the **right service for different areas** of the body, and the **aftercare practices** that keep skin calm and healthy between appointments.

Whether you're new to waxing or looking to switch salons, **understanding the process** helps you know **what to expect** and how to **get the most out of every appointment**.



UNDERSTANDING PROFESSIONAL EYEBROW TINTING

Hair removal with wax-like substances dates back thousands of years, with early practices recorded in Ancient Egypt, where beeswax and sugar-based pastes were used for grooming. Similar traditions developed independently across the Middle East and parts of Asia, where **sugaring and wax-based methods** were part of everyday beauty rituals.

Over time, these traditional techniques evolved into the modern waxing services offered in salons today. **Advances in wax formulation** — including the development of **hard wax for sensitive areas** and **soft wax for larger areas** — have made the process **faster, more comfortable, and more precise** than earlier methods.

Today, waxing is one of the **most requested hair removal services** in professional salons because it offers:

- **Longer-lasting smoothness** compared to shaving
- A method that **removes hair from the root**
- Options **tailored to different skin types** and sensitivities
- A finished look that many clients prefer for is **neatness and consistency**

Modern salons combine this long history of technique with **hygienic, single-use tools** and **professional-grade products** to deliver consistent results.



UNDERSTANDING THE WAXING TECHNIQUE

Waxing works by applying a **warmed wax to the skin**, allowing it to adhere to the hair, and then removing it — along with the hair — in a **quick, controlled motion**. Because the hair is **pulled from the root** rather than cut at the surface, regrowth typically takes **longer to become noticeable** compared to shaving.

Basic Principle

The wax bonds to the **hair shaft** as it sets. When removed, it **lifts hair cleanly from the follicle**. This process can result in:

- Smoother skin immediately after the service
- Regrowth that may feel softer than shaved hair as it grows back
- The ability to treat larger areas efficiently
- A finish that many clients maintain with regular appointments

Results and comfort can vary from person to person based on **hair thickness, skin sensitivity**, and how consistently someone maintains their **waxing schedule**.



PROFESSIONAL TOOLS AND PRODUCTS USED IN WAXING

A trained waxing technician relies on a specific set of tools and products to perform the service **safely, hygienically, and effectively.**

Essential Waxing Tools & Products

Soft (Strip) Wax: A thinner wax applied with a spatula and removed using a cloth or paper strip – typically used for larger areas like the **legs, arms, and back.**

Hard Wax: A thicker wax applied directly to the skin and removed without a strip once it hardens – commonly used on sensitive or smaller areas such as the **bikini line, underarms, and face.**

Wooden or Metal Spatulas: Used to apply wax evenly and in the **correct direction of hair growth.**

Pre-Wax Cleansing Solution: Applied to the skin beforehand to **remove oils, lotion, and bacteria,** helping the wax adhere properly.

Post-Wax Soothing Products: Aloe-based gels, antiseptic lotions, or calming oils applied after the service to **reduce redness and soothe the skin.**

Disposable Applicators and Strips: Used once per client and discarded to **maintain hygiene standards.**

At **Brooklyn Brows**, we use **hypoallergenic, salon-grade waxes** and **single-use applicators** for every appointment.



STEP-BY-STEP PROCESS OF PROFESSIONAL BODY WAXING

1. CONSULTATION THE TECHNICIAN DISCUSSES:

- **SKIN SENSITIVITY AND ANY ALLERGIES**
- **AREAS TO BE TREATED**
- **HAIR LENGTH AND GROWTH PATTERN**
- **ANY RECENT SKINCARE TREATMENTS OR MEDICATIONS**

2. SKIN PREPARATION THE AREA IS CLEANSED AND, IF NEEDED, LIGHTLY EXFOLIATED AND DRIED TO:

- **REMOVE OILS AND LOTION**
- **IMPROVE WAX ADHESION**
- **REDUCE THE CHANCE OF IRRITATION**

3. WAX APPLICATION WAX IS APPLIED IN THE **DIRECTION OF HAIR GROWTH** USING A SPATULA OR APPLICATOR, IN SMALL, MANAGEABLE SECTIONS.

4. HAIR REMOVAL THE WAX (WITH STRIP, IF USING SOFT WAX) IS **REMOVED QUICKLY AGAINST THE DIRECTION OF HAIR GROWTH**, TAKING THE HAIR WITH IT.

- **REPEATED ACROSS EACH SECTION OF THE TREATMENT AREA**
- **ADJUSTED FOR HARD-TO-REACH OR SENSITIVE SPOTS**
- **CHECKED AND RE-PASSED ONLY WHERE NEEDED FOR STRAY HAIRS**

5. SPOT-CHECKING THE TECHNICIAN REVIEWS THE AREA FOR **ANY MISSED OR STRAY HAIRS** AND ADDRESSES THEM INDIVIDUALLY.

6. FINISHING TOUCH THE TECHNICIAN MAY:

- APPLY A **SOOTHING ALOE OR ANTISEPTIC LOTION**
- RECOMMEND A **COOLING GEL FOR SENSITIVE AREAS**
- PROVIDE **PERSONALIZED AFTERCARE GUIDANCE**

THIS FINAL STEP HELPS **CALM THE SKIN** AND **REDUCE REDNESS** IMMEDIATELY AFTER THE SERVICE.



SOFT WAX VS. HARD WAX

Not all wax is the same — and **knowing the difference** helps explain why your technician chooses one type over another depending on the area being treated.

Soft (Strip) Wax: Applied in a thin layer and removed with a **cloth or paper strip**. It's typically used for **larger, flatter areas** of the body because it covers more surface area quickly.

- **Best for:** legs, arms, back, stomach

Hard Wax: Applied in a thicker layer and **removed without a strip** once it cools and hardens around the hair. It tends to be **gentler on sensitive or delicate skin** because it adheres to the hair rather than the skin itself.

- **Best for:** bikini area, underarms, face, sensitive skin

Your technician will select the wax type best suited to the **area, your hair type, and your skin's sensitivity** during your consultation.



CHOOSING THE RIGHT WAXING SERVICE FOR YOUR BODY

Brooklyn Brows offers waxing for a range of areas, each suited to **different needs and comfort levels**.

- **Arms:** Full or half-arm waxing for **smooth, hair-free skin** with less daily maintenance than shaving.
- **Legs:** Full, upper, or lower leg waxing – a popular choice for **longer-lasting smoothness** before warm- weather months or special occasions.
- **Bikini & Brazilian:** From a basic bikini line clean-up to a full Brazilian, we offer several levels of coverage, including options in **traditional soft wax, hard wax, and CBD-infused wax** for added comfort.
- **Underarms:** A quick, low-commitment service that's one of the most requested treatments for **reducing regrowth between shaves**.
- **Back, Chest & Buttocks:** Larger-area waxing for men and women looking for a **smoother, more even appearance**.

Not sure which service fits your needs? Our team offers a **brief consultation before every appointment** to help you choose the right option for your skin and goals.



BENEFITS OF PROFESSIONAL WAXING

Waxing offers several advantages compared to other hair removal methods when performed by a **trained professional**.

- **Longer-Lasting Smoothness:** Because hair is **removed from the root**, results typically **last several weeks longer** than shaving.
- **Softer Regrowth Over Time:** Many clients notice that hair grows back **finer and sparser** with consistent waxing over multiple sessions.
- **Exfoliation Benefit:** The waxing process naturally **lifts away some dead skin cells** along with the hair, leaving skin feeling smoother.
- **Reduced Daily Maintenance:** Unlike shaving, waxing doesn't require daily upkeep — most clients only need a **touch-up every 3 to 6 weeks**.
- **Professional Hygiene Standards:** Salon waxing uses **single-use applicators** and sanitized equipment for every client, reducing the risk of irritation or cross-contamination.



WAXING VS. SHAVING VS. DEPILATORY CREAMS

Choosing the right hair removal method depends on your **skin type**, how long you want **results to last**, and how much time you want to spend on **maintenance**. The three most common methods are **waxing, shaving, and depilatory (hair removal) creams**.

- **Waxing:** Removes **hair from the root** and keeps skin **smooth longer** than surface-level methods.
- **Shaving:** Fast and low-cost, but only **cuts hair at the surface**, meaning regrowth appears within **a day or two**.
- **Depilatory Creams:** Dissolve hair chemically at the surface for a quick option, though they carry a **higher risk of skin sensitivity** for some users.

The comparison below highlights key differences between these methods to help you decide which is right for you.

METHOD	HOW LONG RESULTS LAST	SKIN SENSITIVITY	MAINTENANCE
WAXING	3–6 weeks	Can cause temporary redness	Low
SHAVING	1–3 days	Generally low irritation	Daily/frequent
DEPILATORY CREAM	3–7 days	Can irritate sensitive skin	Frequent



COMMON MYTHS ABOUT WAXING

Myth: Waxing makes hair grow back thicker Hair removed from the follicle through waxing **does not become thicker**. Over time, many people notice regrowth that **feels softer and appears finer** — but this varies by individual and hair type.

Myth: Waxing always hurts a lot Most clients describe waxing as a **brief, sharp sensation** rather than ongoing pain. Discomfort is typically shortest for small areas and tends to **decrease with regular sessions** as hair becomes finer.

Myth: You can't wax if you have sensitive skin Many people with sensitive skin wax comfortably when the **right wax type (such as hard wax)** and proper aftercare are used. A consultation beforehand helps your technician **choose the gentlest approach for you**.

Myth: All waxing services are the same Techniques, wax types, and comfort levels **vary by salon and by technician experience**. Trained professionals adjust their approach based on the area, your hair growth, and your skin's sensitivity.



AFTERCARE TIPS FOR BODY WAXING

Proper aftercare helps **calm the skin, reduce redness,** and lower the chance of **ingrown hairs.**

Immediately After Waxing – Avoid:

- Touching the treated area unnecessarily
- Applying **heavy makeup or fragranced lotions**
- **Hot showers, baths, saunas,** or steam rooms

For the Next 24–48 Hours:

- Avoid **direct sun exposure** and tanning beds
- Skip **intense workouts** or activities that cause excess sweating
- Wear **loose, breathable clothing** over treated areas
- Use a **soothing aloe or antiseptic lotion** as recommended

Preventing Ingrown Hairs:

- **Gently exfoliate** the area starting **3–5 days after waxing**
- **Moisturize regularly** between appointments
- Avoid tight clothing that rubs against treated skin

Maintaining Your Results:

Book your next appointment every **3–6 weeks** depending on the area and your hair growth cycle. Let hair grow to about **1/4 inch** (roughly the length of a grain of rice) before your next session for the best results.



PROFESSIONAL WAXING VS. AT-HOME WAXING

At-home waxing kits are widely available, but professional waxing offers a level of **precision, hygiene, and comfort** that's difficult to replicate outside a salon setting.

A trained technician understands how to **control wax temperature**, apply it in the **correct direction of hair growth**, and remove it at the **right angle and speed** — all of which affect both the comfort of the service and how clean the results look.

At-home waxing carries a **higher risk of common issues such as:**

- **Uneven hair removal**
- **Skin burns** from wax that's too hot
- **Bruising** from improper technique
- **Missed spots** that require touch-ups with tweezers

Because these products aren't **customized to your specific skin type**, they can also be **more likely to cause irritation**.

Professional salons also follow **strict hygiene protocols** — including **single-use applicators and sanitized tools** — that are harder to maintain consistently at home.

For those who want **reliable, comfortable, and even results**, professional waxing performed by an **experienced technician** is generally the more **consistent option**.



WHEN SHOULD YOU GET WAXED? & FINAL THOUGHTS

Most areas of the body benefit from waxing every **3 to 6 weeks**, though the ideal schedule depends on your **individual hair growth cycle** and the area being treated.

- **Underarms or Bikini Line:** May need more frequent appointments (**every 3–4 weeks**).
- **Legs or Arms:** May only need touch-ups **every 5–6 weeks**.
-

Because hair grows in cycles, **staying consistent** with your appointments helps keep hair **fine and sparse**, often making each subsequent wax **more comfortable than the last**.

You'll typically know it's time for another appointment when hair has grown to about **1/4 inch** — long enough for the wax to **grip effectively**, but not so long that removal becomes uncomfortable.

Final Thoughts

Waxing remains one of the most popular and effective hair removal methods for clients who want **longer- lasting smoothness without daily upkeep**. With the **right technique, professional-grade products, and proper aftercare**, waxing can be a **comfortable and reliable** part of your regular beauty routine.

When performed by **trained professionals in a clean, hygienic environment**, waxing delivers **consistent, even results** across virtually any area of the body.

If you are looking for professional body waxing services performed by experienced technicians, visit **Brooklyn Brows** at **145B Court Street, Brooklyn, New York 11201**.



READY TO GET WAXED? BOOK YOUR SESSION TODAY!

Scan the **QR code** or click the link below to schedule. **Walk-ins welcome!**

<https://brooklynbrows.com/bookanappointment.html>

Brooklyn Brows

145B Court Street, Brooklyn, NY 11201

+1 (718) 488-8600

Open 7 Days, 10 AM – 7:30 PM

Follow us on **Instagram and Facebook:**

@BrooklynBrowsNY

Learn more: **<https://brooklynbrows.com/full-body-waxing.html>**



Follow us:

