

WAX AND THE CITY

OR "FUNNY GUIDE TO MALE BODY WAXING" BY NORA

It's really hard to be serious when you are writing about buttocks, testicles, and penises, but I'll try. In this pocket book, I swear to tell you the **WHOLE** truth and nothing but the truth. Why? Because all my business is based on honesty and finally, I won. **I'M ALWAYS A WINNER**. Before writing this guide, I gathered a lot of information about body waxing from books as well as several other sources, only to find that they were mostly intended especially for women. I told myself "Nora, I detect some discrimination against men in the waxing world!! We must warn all males!"-

And I did. Here you will find all the information you need to know about body waxing for men.

My name is Nora and I am a male waxing therapist. Even more than a therapist, I also change how you look and feel about yourself, both inside and out.

At first people ask me “Why waxing for men? Do you do women?” Yes, I do women. But I am really a professional in the field of body waxing for men. Additionally, with men I simply make more money. Nothing personal, it’s just business. I do body waxing, I do body hair trimming... basically, I do body hair sculpture. It’s my passion! And I love it! Believe me; I’m not talking about gay men or metrosexuals! I am talking about regular guys from age 16 to 70 who want to look cool, clean, sexy, self-assured and professional! Yes, professional. I read a book about the Great Depression of 1929-32. In that period, economists discovered something named “the syndrome (or

effect) of red lipstick”. Women tried to catch their employer’s attention by wearing red lipstick. Sounds simple, but it worked. Imagine: You are a boss and you have to choose between two candidates for one position. Same age, same clothing, same knowledge, everything is the same! BUT! One candidate has hairy ears and you can also see long, dark hair growing from his nostrils, and dark-grey topknots under his tie... Guess who you’ll choose? I bet - you’ll choose the hairless candidate! It’s a fact of life. I don’t want to talk about sad things, but in last two years the cosmetician business has been growing fast. Tough times hmm?

Men get waxed for many reasons, most often to satisfy their own sense of self-image or to please a partner. Brazilian waxing also enhances sensory pleasure during intimacy – it’s a fact. Waxing for men is not new - it simply spent a century or two out of the spotlight. The removal of body hair was typical in Ancient Egypt and Rome, during the

Elizabethan era and the Renaissance, and in nineteenth century Europe. But only noble people waxed their body. And now this time has come again – male body waxing!

No unwanted body hair – no body odor. Mostly, it is hair that is the culprit for our body smell, hair is where smell accumulates. No unwanted body hair – and you look younger. No unwanted body hair – and everybody can see the six packs on your belly. And it's absolutely not necessary to be a bodybuilder! No more hair on your bikini line – and you're ready to have a second youth! If you're already young, the next night you'll be on firrre! One more secret – you, men, see more of a general picture, however we, women, pay more attention to details. There is a famous saying, “God is in the details”. Let's concentrate on those small aspects, like body hair, and you will soon see results!

PS. Also here is my own opinion – hairy backs and shoulders look disgusting!

BEAUTICIAN AND THE BEAST.

I have seen thousands of the most beautiful bodies in North America. I saw thousands of the most hairy bodies in North America: Italians, Jews, Irish, Arabs, Indians, and especially Greeks! Let's not forgot about Greek guys! I Hope I don't offend anybody! And I'm sure that you all saw "The 40-Year-Old Virgin?" Waxing. Chest waxing. Scary. Painful. Here I will tell you my honest opinion – all that you saw in that movie is not right. The waxing was absolutely not done in the right way. Probably the laser industry paid for that! From these sad beginnings, I got the idea to write a male waxing guide.

ALL ABOUT PAIN

Yes, it hurts! But it's not real pain. You can take it. Do you remember the pain from light sunburn? It's similar and lasting for 5 seconds. Different parts of your body have different level of sensitivity. Most sensitive parts of the body are chest, neck, base of penis. **BALLS ARE NOT PAINFUL! ANUS IS NOT PAINFUL!** That's what men are afraid of. Everyone reacts differently, because every part of the body has a different resistance to what's happening. Mostly guys say: "Ohh, it doesn't hurt as much as I thought!" or "Oh! Not so bad!" It can also depend on what you are having done. Don't try to do it **ALL** the first time. Try maybe your back or your butt, or legs, or arms. Or just lie down and deal with it!

For more details you can read the part "Brazilian bikini" and "Whole body waxing."

CHEST

I have some bad news. The chest is the most painful part of a man's body for waxing. Only 30% of the guys I know are pain-resistant there, on their chests. Now let's forget about them, this 30%. If they have a high tolerance for pain, let them go, and we will talk about "WHAT A REAL AESTHETICIAN MUST DO TO REDUCE THE PAIN FROM CHEST WAXING".

1. Skin disinfection. Pre-wax gel or spray. Contains alcohol. I also put some Hamamelis (Witch hazel) as an astringent.
2. Powder on top of the skin. Can be baby powder. To reduce skin oil and protect the skin ripping from the wax.
3. Aesthetician MUST apply wax to SMALL areas (not like you saw in the movie) on the hair in the direction of the hair growth.
4. After wax is applied to the body, she/he must put a cotton strip on top of the wax

and press firmly. Press with the whole palm, not just the fingers.

5. Now she/he must tighten the skin as taut as possible. Remember – the tighter the skin, the less pain you will feel. When I tighten the skin this ensures the follicles are close to the skin making the procedure easier on you and for them.
6. She/he must pull the cotton strip sharp, fast and **STRICTLY PARALLEL TO THE BODY!** Not at a 45 degree angle! If you don't rip the strip parallel, there is a very high risk of bruising.
7. After one second your aesthetician must put her/his palm on the waxed spot and press. Why? This method will help to reduce the pain. Will prevent post-waxing shock.
8. Now I will tell you another thing, and this is not only for the chest, but for whole body. You must breathe deeply, like a woman in labor. Inhale and exhale, and the

aesthetician pull the strip off while you are exhaling. Believe me; if you do this throughout the whole procedure it will not be painful. Although finding a patient aesthetician is not easy. So, Mazel-Tov or get a good professional, who has a passion for waxing.

9. Warning for men 40+!

When men became mature, they start to have grey hair on their chest. After a chest hair waxing you will look 10 years younger! (I can say the same thing about grey-haired balls, sorry!)

10. When hairs are pulled out of the skin, afterwards you can see some blood spots on the waxed places. It is absolutely normal; you have nothing to be worried about! It is merely because the capillaries have been disturbed and burst.

11. One final thing about chest waxing. Chest skin is very sensitive, even, if I can say,

“fragile”. It bleeds easily. For this reason now I will now talk about...

DOUBLE DIPPING IN BODY WAXING

Mostly aestheticians use “hot” wax. Canned wax is placed on the wax warmer. The temperature of the wax warmer could be regulated, but the average is about 86 to 90F, so as not to burn the skin, and a hot wax wooden spatula is used. Imagine if an aesthetician doesn’t change spatula, only uses the same one repeatedly. The temperature of the wax is not hot enough to kill bacteria. The spatula touched skin with traces of blood, and is then put back in the wax can, over and over again. It’s called “cross-contamination.” Warts, herpes, hepatitis A B C etc. can be transmitted this way. Not every aesthetician changes spatula and I do not know why. Either they are lazy, or they do not care about their clients, or they are just being

greedy. 500 spatulas cost me only \$8. Doctors say that there is a very minimal risk of spreading infection, but who wants to take even a small chance? Me? You? Nobody! So don't be shy to ask questions, it's your body. Do not be afraid of being annoying - it's your body. Do not be afraid to check if your aesthetician changes spatula all the time, after each dipping. If she/he refuses to do that, just leave the place. Be tough! It's your body and your health!

ABOUT BACKs, SHOULDERS, ARMPITS, ARMS, LEGS, BUTTOCKS AND BELLIES

It's simple. It's easy to do for me. But some aestheticians, especially those who work with women only, can have difficulties. Male hair follicles are longer than females. Male skin is thicker. Male body hair is coarse. So, aestheticians need to have different training to do men. For big body areas, like the back, shoulders, legs, buttocks and arms I use hot wax in rolls, called "roll-on wax". It is specially created for coarse hair. For each client I use a fresh roll of wax. If I am not mistaken, this type of wax was created not long ago, about 4 or 5 years ago, here in Quebec. I can't refill it; I use a new roll for each client (or more, sometimes up to 4-5 rolls), so it's absolutely

hygienic. It helps me to work fast – I do a whole body wax in 2 hours for the average tall man.

BACK

Again – wax should be put on small areas, from the side to the middle of the back. It can be sensitive, but not often. This is the first part of the body men prefer to wax.

SHOULDERS

A lot of curves. Sometimes I use a spatula. Second most popular part of the body men prefer to wax. Can be sensitive too.

ARMPITS

Pretty complicated area. Usually hair there grows in many different directions. An aesthetician must follow the direction of hair growth. For this part of the body I use hot wax from the can with cocoa-butter. This wax was created for delicate skin, such as the bikini area, neck, anus, and armpits. It gives

me the possibility to put wax on the same area two or three times, if needed, without skin damage.

ARMS

I hate doing arms! The hair grows in too many different directions. One good thing – there's no pain for the client! And almost every man has said "Oh! I don't remember the last time my hands and arms were hairless! How nice it is!"

LEGS

Oh! Hair from top to bottom! Each millimeter of a man's legs is covered by hair! Good news – no pain at all! (Except inner thighs). When I began to wax inner thighs, I started to love bodybuilders because their bodies are made from steel! If your aesthetician is not experienced, you run the risk of being bruised. Skin there looks like a baby's butt – very delicate. Ask your therapist, if she/he knows how to do inner thighs. I hope she/he will be honest with you.

BUTTOCKS

Hairy butts... Who loves hairy butts? Who loves to have curls on the butt? I can say 50% of women don't like it. Well, here I can help. Very good news – if you wax your butt regularly, after one year you will lose almost 50-60% of your buttock hair. Nobody knows why hair disappears fast from butt and lower back. I don't know either; it just comes from my own experience. I have a client, an Indian fellow. He always comes to have his lower back and butt waxed. I really regret that I didn't take pictures of him before and after. Now it's too late, of course. After two and a half years he's lost 70% of his lower back-butt hair! He is very hairy and to see the difference between his upper back, legs and lower back-butt is very funny! But he likes it! It's not a painful procedure; afterwards it feels like you had a nice massage!

BELLY

Same procedure as a chest waxing, but if you blow on your belly it will be less painful.

BIKINI! OH!

BRAZILIAN BIKINI!

Everybody likes to remove hair from the pubic area. People shave, trim and wax their genitals. Hair removal “down there” reduces the smell of sweat, and we then feel clean, self-confident, and enigmatic! I was previously talking generally, now let me be frank, let me talk about the male Brazilian Bikini.

What is that? What is it that sticks out among the hair? Is it your penis? Your family treasure? Mr. Dick? Can I ask, do you really like it? Why are you hiding it amongst those long, curly bushes?! Let it free! Male strippers taught me what to do so that the penis looks bigger and longer. You should have a strip of hair going down from the belly-button to the pubis. The sides of the pubis and balls must be bald! Illusion? Yes... but we all need a little illusion in our life.

So you finally decided to clear up the love patch?
Let me tell you what to do before and after.

The first - find an awesome aesthetician that is experienced in bikini waxing. How to find him/her?

It's the same as winning the lottery! At your own risk! Try going by the recommendations of your friends, by reading aesthetics web-sites, by reading reviews, by... I don't know... trusting your intuition. Don't be shy to ask tons of questions. Aestheticians must be able to answer everything from A to Z. Use this book like a manual, he-he-he!

You must be clean down there before any waxing procedure – a must! While you are taking your shower, exfoliate your genital area with exfoliation glove. Why? By exfoliating you will take away all the short hair from the inside of your skin to outside. If your hair is longer than $\frac{1}{4}$ of inch... leave it alone! I always see the guys try to trim

themselves and they always do it too short. Afterwards I have problems catching the hair with wax. I do trimming by myself with a comb and scissors and in this way I get the desired length of the hair.

Take Ibuprofen or Advil 30 minutes before a waxing procedure. It will help. Probably. Some guys told me its helps, but I'm still sceptical about it. Placebo effect is my thinking. For me relaxation works very well. You must relax all your muscles from head to toe and breathe. And trust your aesthetician. Believe me; she/he won't tear your naughty!

Wear loose fitting clothing to your waxing procedure. If you are having a Brazilian Wax, you must wear boxers made of cotton so the skin can breathe, or, wear nothing at all. Don't wear silks or satins until the skin has calmed.

Another thing guys use against pain is Lidocaine cream 5-10%. It costs about \$30 per small tube, so

yes, it's expensive. You can buy it at any pharmacy and should apply it one hour before waxing. Your pharmacist will tell you what to do. If you want to do that, it's a long process – you must apply cream an hour before, put plastic on top of the cream and wait. And be sure that you are not allergic to cream with Lidocaine.

Any other numbing spray or cream is just a placebo effect, believe me. Don't waste your money for nothing. I tried putting numbing spray on one part of male body and people told me that the effect was very little in comparison with the other side of the body without spray. Pressing on affected area IMMEDIATELY by palm works much better! The key is doing this right after the hair is removed. Also it's good idea to put some ice on the waxed area after waxing to reduce inflammation and swelling and soothe the protesting nerve endings.

And here is the process! Run away if you see the aesthetician use the same spatula! Remember about DOUBLE DIPPING! You wouldn't want to have your goods mixing with all the other goods that have lain on that table, would you? A new spatula must be used for every dip into the pot! Is he/she blowing on the wax to cool it? Isn't that like putting spit all over you too?! A good aesthetician will never spit on your stick. She/he must wait 5 seconds until it is cool.

You must ask about design you want to have. Usually it's just a strip of hair, called a "landing strip"! Or everything goes bald!

She/he must put wax not on big areas, but by small pieces – less pain. The most painful part its base of penis. Here it my tip – you must breathe. When you inhale she/he removes strip away. It helps. For Brazilian bikini I use hot wax for delicate skin; as I already told you its creamy wax with cocoa-butter. Don't be scared if you will see some blood spots

on your skin, its normal in the bikini area. (And remember about double dipping!) When aesthetician put her/his palm right after she/he pull cotton strip you are not going to feel any pain! (For God sake I don't know why my beauty-girl doesn't do that with me!)

Another tip for Brazilian bikini waxing. Most all beauticians use cotton strips for hair removal. I use some cotton and another kind of strip called "pellon" strips. It's not a woven fabric and it doesn't stick to the skin, only to the hair. If it doesn't stick to the skin the less pain you feel.

That's all about the pubic area.

SHORT ABOUT PENIS

What about... “if I get a woody?” or erection. It is not really the sexual turn on that we are all thinking about. It is more of a physical reaction that sometimes can't be avoided. Honestly, I don't see it often. If you are naked on the table, expecting torture, what erection you are talking about?! But if it happens, so what? I am professional and I am here not to play with your goodies but remove hair from it. Any erection will disappear after I pull the cotton strip for the first time. You will concentrate only on the feelings from waxing itself... Do you know how many hairs you have on your treasure? Do you know how it's sometimes uncomfortable to have sex if you have a hairy dick? Ask your partner about this. Be sure - if you have erection, then waxing is more painful. Too much tension is not very good for waxing that delicate area. For “goodies” I use hard wax. No strips.

BALLS, BALLS, BALLS! GO BALD!

Scary? Then take a pinch of balls skin and squeeze it. Painful? No. It will be a real pain if somebody kicks you in the balls. However, ball waxing it not painful... if it's done in the right way.

Unfortunately nobody teaches beauticians how to wax male testicles. There isn't any "ball waxing course"! Aestheticians must be smart enough to do it. Creative, if you want. Passionate. Patient.

I will now tell you a really scary story about ball waxing. Two years ago I got a phone call. This guy asked me a lot of question about my license, my experience, etc. Finally he asked me if he could book an appointment. I said yes

and asked him what he wanted to get done, what part of his body. (I always count the time between my clients) He told, - I want to show you my balls! – I said, - Oh, no, thanks, I've seen a lot of balls in my life, don't bother! – If you understand, sometimes crazy people call me and I didn't want to keep up with the conversation. He understood that I want to hang up the phone and told me, - No, no, no! Do not hang up! She did something with my balls, I need your help! – Well... if somebody looking for help I am ready for it. We booked an appointment. It is good that I have basic medical knowledge. I am not afraid of blood, wounds or other nasty things. And I can do first aid... Well, the underwear of that guy was full of blood. - Someone tried to kill him! - flashed through my mind. When he took off his pants, then I saw his scalped testicles. It's was really scalped, traditionally scalped like a head after a tomahawk.

– Who did it to you?! - I asked with horror in my voice. – It was an Asian lady from a massage (hm!) parlour! She invited me to do a Brazilian wax! - Here I want to say. – Guys! Do not mix pleasure with serious things like a waxing! **WAXING IS NOT A JOKE AND FOR FUN!** Remember that!! She removed all the skin from his testicles. It looked like a piece of filet-mignon from the butcher! I only asked him, how he could take this pain? And I got good answer, - She told me to be a man! – What else is there to say? Yes, be a man, but a smart man, not a silly ram! For obvious reasons he did not want to go to the hospital. It would be too many questions, for sure.

Yes, I did first aid for him, just to stop the bleeding. I don't want to tell you the details. He was happy and bade me a beautiful good-bye, full of confidence. Then he asked, - Nora, could you tell me what I should say to my wife? – I was laughing for a good 30 minutes after that. Yes, indeed, what should you tell your wife? Only the

truth –you went to the massage parlour and got your balls scalped! Accidentally!

Ok, let's forget about that guy and his scalped balls. I know that you are smarter than him! The only bad thing I want to tell you is that afterwards I saw many clients who came to that lady. When I asked them I found out that “tomahawk lady” used one big, thick metallic spatula for everyone. Probably she had never heard about double dipping. And all her clients are at big risk. It's not just spots of blood, she created serious bleeding, which creates serious risk of infection. By telling you this scary story I wanted to warn you to at least go to a professional spa. They know what to do to avoid bleeding. Or at least I hope.

How to wax testicles: I use “hard” wax. This type of wax was created for face only, not for other parts of body. But this wax is ideal for “down there”. Hard wax is not sticky enough and does not stick on the skin, on hair only. That means, hard

wax does not damage the skin. As I told you before, to do the balls it is not painful; there is only one risk here – ripped skin. Why? Because the skin of the testicles is full of capillaries. Capillaries lie right under the skin of the balls. So, hard wax is the best solution for testicle waxing.

And remember about the rejuvenation effect of waxing! Grey haired balls... what could be worse?

ANUS, PERINEUM

NO, NO, NO! No pain there! But believe me – anus waxing is a drug! If you did it once, you will do it again and again. You feel clean. Very clean. No sweat.

For anal and perineum waxing I put my clients in the “doggy-style” position (on their knees and elbows). It’s not for fun though, but because in this position you stretch your skin by yourself. Do you remember – the more stretching, the less pain. Normally aestheticians use different positions for clients, mine is only one out of several. For the anus I use wax for delicate skin, like for pubis and armpits. **AND REMEMBER ABOUT DOUBLE DIPPING!**

It’s a very easy procedure. Do not be surprised if your beautician stretches your balls when

she/he does your perineum. If you have no allergy to antibiotic cream (I like Polysporin) take it with you. It's a really good idea to apply this cream to your anus-perineum after waxing to heal the place. WARNING! If you have a bowel movement the same day after anal waxing, do not use toilet paper, but wash it with cool water and soap.

PILONIDAL CYST

Sometimes people can call you silly for paying too much attention to your body hair. Let them go to hell! They just don't know about pilonidal cysts! They just don't know about piece of fire that lives next to your anus! PILONIDAL CYST. What's that? The other name of this cyst is "hair nest". A pilonidal cyst is a cyst that develops along the tailbone (coccyx) near the cleft of the buttocks. These cysts usually contain hair and skin debris. Pilonidal cysts occur more frequently in men than in women, and they are more common in Caucasians than in other racial groups. There are several theories, but most researchers believe that pilonidal cysts are caused by the penetration of loose hairs into the skin. In response to this ingrown hair, a local inflammatory reaction causes a cyst to form around the hair.

Well, I am not a doctor, but I saw a lot of clients with pilonidal cysts. With some of my clients I am

the one who discovers the presence of the cyst. It's your doctor who will tell you what to do about it, I will tell you about maintenance only. For the prevention of pilonidal cysts, good hygiene in that area is critical. Keep the area clean and dry, and wax it. I've read doctor's recommendation about hair removal in that area by shaving or using depilatory cream. I am against that! By shaving this delicate area you can easily cut yourself with a razor. By using depilatory cream you can burn thin skin. Also, you can read in the instructions for depilatory cream that it's forbidden to use cream in genitals area, because it contain some acid and may irritate skin.

Waxing is better. I use the same thin spatula that I use for eyebrows. Very carefully I apply a small quantity of creamy wax around the cyst, first on one side, then the other side. Put cotton strip on top and pull. The single hair that grows from the cyst I pluck with the tweezers. If I see that cyst is infected I put antibiotic cream inside (if here is

drain) and outside the cyst. If it's not infected I just put a small amount of baby powder to dry it.

I have even done some business based on pilonidal cysts! After several cases I went to my surgeon and told him about my experience. Since that time he has sent a lot of clients to me, without asking for a cut of the profit! I love him!

HEMORRHOIDS

Everybody knows about hemorrhoids. It feels like your ass is full of teeth. But not everybody knows that hair around haemorrhoid nuts works like a knife. Waxing around that area helps a lot. I use a similar technique as with pilonidal cysts but after wax I always put a gauze pad with Hamamelis (or witch hazel). Never use toilet paper; always wash it with cool water and soap.

Here you can see that body waxing not only for aesthetical things, but for our health too.

NECK

You can have wonderful benefits by waxing your neck! Do you remember – you just had nice haircut and your hairdresser shaved your neck? Your neck will be smooth for only 2-3 days and after... do you know what happens after? You still have a nice haircut, but your neck needs to be shaved again, and again, and again. After neck waxing you will be hairless at least 3 weeks, till your next haircut. See the benefits of neck waxing? Neck waxing itself: painful, yes. I use hard wax for neck, or cream wax with pella strips. It might be good if your aesthetician put Polysporin cream triple protection. That cream has a numbing effect.

EYEBROWS

This is my favourite part to do! It's the ART OF WAXING! At that time I feel that I am an artist! Do not worry; you will not have a “girlish” look. Your eyebrows will be accurate and clean. It's called “eyebrow shape”. I use different types of wax for different type of eyebrows, depending on type of eyebrow hair. For thin blond-red hair I use hard wax, for thick black eyebrow hair I use creamy hot wax. The spatula used for eyebrow wax is thin, looks like a thin wooden stir stick from Second Cup.

The cotton strips are also thin, about 2 centimetres wide. If your aesthetician is experienced doing women's eyebrows, you can trust her.

NOSE AND EARS

I don't know who created the rule: NEVER WAX YOUR NOSE AND EARS! I'm sure that person didn't have long black hairs sprouting from the top of his/her ears or fanning out of the ear hole to make them look like a yeti under the blow-dryer! You can wax it, and I do. Hard wax does a great job!

Nostrils. Do not think that I put wax in your sinus cavities! No! I put wax only on external surface of the nose. Ask your aesthetician if she/he knows how to do nostrils and ears. If they don't... don't do it. You are not a lab rat!

TOES

You have nice toes! Long, elegant, aristocrats of your body! With patches of dark, coarse hair. Darwin was right, wasn't he? But I prefer do not think that my ancestors were monkeys. Who can tell me – why do we need hair on our toes? Nobody can answer that question. So? Let's remove it! No pain there, trust me!

There is only one side effect – you must exfoliate it every single day. Skin is too thick and there is a risk of ingrown hair.

And now everything about ingrown hair!

RED BUMPS AFTER WAXING AND INGROWN HAIR

Red bumps after waxing can stay from 3 hours up to 3 days. If you have sensitive skin it can stay longer.

What to do? Do not panic during waxing! When you panic, your hair follicles contract. Contracted hair follicles are more sensitive to damage by waxing. Try to keep yourself calm and relaxed. This will help you to prevent yourself from getting any negative after-effects such as bumps after waxing.

If you are on medicines such as Accutane and Retin A or any blood thinners you should avoid waxing your skin. This is because these drugs tend to increase the risk of lifting-off the skin. You need to stop taking Retin A for 2 months or

Accutane for at least 6 months to wax your skin safely. Taking an antihistamine a half hour prior to waxing is a good idea. This will lessen the chances of pain and swelling. Many aestheticians apply an after wax lotion to reduce the discomfort and pain. Make sure that the lotion does not contain mineral oils as they clog skin pores, which in turn results in acne breakouts. If possible, take a grape seed oil to apply on the skin after waxing to provide comfort to you.

Wash the waxed skin gently and softly. Do not use body scrubs.

Keep the affected body part always covered with cotton clothes to minimize the chances of it getting dirty and dusty. Do not touch your skin and do not let somebody touch you.

Avoid sweating which can make skin condition worse.

Take ibuprofen or acetaminophen.

After getting your skin waxed, put some witch hazel and rub it on. It is a topical liquid that reduces irritation and inflammation on the skin.

Using hydrocortisone cream is a good idea if you have itching.

You may use a cold compress (water and witch hazel) to get some relief from pain, skin irritation and inflammation.

Ask your pharmacist to find cream with salicylic acid. It has an antibacterial effect. The higher the percentage of salicylic acid, the better.

When hair grows back or sideways into the skin, it is referred to as ingrown hair or pseudofolliculitis barbae (in medical terms). Shaving, waxing and

blocking of the skin pores are some of the causes of ingrown hair. What are the ways to treat ingrown hair? Many times an ingrown hair is confused with acne. Therapeutic treatment of ingrown hair is not at all necessary. Here are some tips:

1 Skin exfoliation. In order to treat ingrown hair, exfoliate your skin before you shave or wax. Exfoliating the skin with an exfoliation glove (I recommended sisal) will remove the dead cells and debris from the upper skin surface. This reduces the risk of skin pore blockage and treats ingrown hair. You can start to exfoliate 3 days after waxing and keep doing this every day while you shower routine.

#2 Cream with salicylic acid. Apply right after skin exfoliation.

#3 Tend Skin Lotion works good just after shaving, not after waxing. (My own experience)

If an ingrown hair is infected, a topical antibiotic cream will help. Should be applied twice or thrice daily

WHOLE BODY WAXING

Many men do whole body waxing. Many men just hate their body hair. En passant, I do too. Michael DL, my only man, is absolutely hairless. And many men want to remove their body hair all in one shot. I would proudly like to say, - I do a whole body waxing for the average man in 2 hours only! After many years of practise, I have my own unique technique in whole body waxing. And I want to say – 2 hours goes fast. Men have told me that a whole body wax with other aestheticians takes 5 hours! Imagine – five hours! Ask your aesthetician how many hours it takes for her/him to do whole body wax.

Whole body waxing is not for everyone. Think twice before you do it. It's not for extremely hairy guys. Whole body waxing feels traumatic. It's a big shock for all your system. Twice I have had first time clients lose consciousness. Here my

basic medical skills were very useful. But before waxing I warned them about post-waxing shock. I even proposed to them not to do it all at one time – half the body today, half tomorrow. They refused. And, as a result, they never came back. So – if you are very hairy and you started to feel pain right away, think about it.

I was talking only about two people, the rest of my clients have all taken whole body waxing in the normal way, without any accidents. Many of them, it's hard to believe, fall asleep! Ha, indeed, what else should you do during the two hours of body waxing? Only rest!

People think that waxing for women is not different than for men. It is different! Have you ever seen a woman who was just as hairy as a man? No! I told you already that male body hairs are much thicker and hair follicles are much longer. Hairs cover every inch of male body, but not females. It's weird, but a full body wax is very

popular amongst regular guys, not just for bodybuilders, strippers, swimmers, and cyclists, as you may think. Full body waxing is becoming a more popular trend with men everywhere because they simply feel they look more attractive without body hair. Some do it out of vanity; some do it for their ladies. Ultimately, if you are bothered by your armpits, hairy back, chest, or hairy toes and neck, you may want to give body waxing a try.

If waxing has changed Gwyneth Paltrows's life, it can change yours, too. I hope.

HOMEMADE WAXING

Not everybody is brave enough to go to the salon or spa to do body waxing. Many guys try to do it by themselves, or they ask their partners to help. I have also seen people who do everything the “organic” way. Here is recipe for how to do pure “organic” wax at home. This recipe is not mine, but I don’t remember where I took it from...

Ingredients

Brown sugar - 1 cup

Lemon juice - ¼ cup

Honey - ¼ cup

Molasses – 1 tbsp. (if you use dry molasses – a couple of pinches)

Procedure

Take a saucepan or a skillet and mix lemon juice, honey, molasses and sugar in it.

You could put it on a low flame or you could also mix the ingredients and put them into a microwave-safe bowl. (A low flame is better, just stir it all the time)

If you are using a microwave, start by pouring the sugar in a microwave-safe bowl.

Mix honey and molasses into it.

Put this bowl into the microwave for about 3-4 minutes.

Take the bowl out and add lemon juice into it and stir.

Now place the bowl again into the microwave.

Remove it once the sugar has dissolved completely and it has a smooth consistency.

Use a glass jar to store this mixture.

Before applying this wax, dust the area with cornstarch or baby powder and then apply this homemade wax for hair removal.

Waxing Tips

Now that you know how to make homemade wax, you don't need to go to a beauty parlour for hair removal; you could apply this homemade wax at home. Are you aware of the waxing techniques? Not doing it in the right manner might irritate your skin. So, use these waxing tips so that you don't end up damaging your skin.

- Once you have prepared the wax, let it cool and use hot water warmers to warm it.
- Check the temperature before applying it on your skin. It should not be boiling hot. From my own experience - put it to cool down for a good 45 minutes!

- Use a butter knife to apply wax or buy wooden sticks at a Pharmacy. Make sure you apply it in the direction of your hair's growth.
- Now you need to place the waxing strip and pull it against the direction of hair growth.
- Wash the area with cold water.
- Waxing can rob the skin of its natural oil; you need to apply a moisturizer to your skin.
- Since wax is sticky, it is advisable to spread an old bed sheet while waxing; otherwise wax might drip all over the place and make it messy.

It's simple, isn't it? And inexpensive. And you can try it. But before you go to your kitchen I want to warn you about...

RISKS OF HOME-MADE WAXING

No Advil will help; no numbing cream will reduce the pain. It's a risk involved with the "do-it-yourself waxing in your own kitchen", especially for men considering doing their own bikini wax. To be your own aesthetician can result in bruising, torn blood vessels, and worst of all, you can actually rip your penis. And you never know if you are allergic to honey, or lemon, or molasses. Definitely, nobody wants that. Unfortunately, the alternative is to make an appointment with an experienced aesthetician, which is generally pretty expensive. But it's your choice - ripped penis or skinny wallet. Think twice before you do it or try it out on your legs first, at least... it's a less sensitive place.

WAXING vs. LASER

So... what you can trust – a 2000 year old procedure like waxing, or new technology like a laser? It's up to you. Do not think that I'm pushing you to do waxing only. I'm only telling you what I've seen.

If you aren't able to maintain the costs for laser, waxing is good enough because laser hair removal is NOT permanent. It just helps in delaying hair growth. I have seen hundreds of guys after laser procedures. They keep doing waxing. I remember the first time I saw a male's back after laser, I thought that he had a skin disease. His hair looked strange – two-three hairs were growing from one follicle. Laser is as painful as a waxing, if not more. Waxing is a lot cheaper by the session than laser. In comparison they both have their ups and downs. In my opinion, laser burns your skin somehow. And who knows what's going to happen with your skin in the future. Only one suggestion:

do laser in a dermatologist's office, not in the regular spa or salon. A dermatologist will not lie to you - he/she is a doctor. And remember – nothing is consistent in life, only your taxes!

GENERAL INFORMATION ABOUT BODY WAXING STEP BY STEP

- Before waxing procedure skin must to be carefully disinfected by a special lotion. Especially the back, chest, abdomen and shoulders.
- Talc or baby powder must be put on the skin's surface to reduce skin oil and protect the skin from wax.
- Layers of wax must be thin.
- Always check if aesthetician changes spatula (wooden stick), remember about DOUBLE DIPPING!

- Try to be completely relaxed to avoid contraction of hair follicles.
- Breathe!
- Post-waxing oil, like grape seed oil with vitamins A and D or tea-tree oil.
- After waxing you must avoid: sun, tanning bed, public pool, sauna, hot tub. If you had a Brazilian done, no sex for one day. Do not let somebody touch your depilated skin, do not touch yourself. Remember – after waxing your pores still open for 24 hours, and it's easy to catch infection. After you have a bowel movement, wash your anus with soap.
- 3 days after body waxing you must start to exfoliate using a sisal glove, every day, when you are taking your shower. After exfoliation you can put cream with salicylic acid. By doing this every day, you can avoid ingrown hairs. If you get an ingrown hair, please don't do surgery in your own bathroom, go to see a

professional who can gently remove the ingrown hair from your skin. They know how to do that.

- And my last piece of advice – do everything for you! Not for your wife, not for your girl/boy friend. Take care about yourself, nobody else will. And love yourself.

A LITTLE ABOUT ME

My name is Nora, you know that already. I am forty-something years old. And I have a passion for body waxing. Well, I also know how to do manicure-pedicure, facial, etc., but I love waxing with all my heart. The art of waxing, to be exact. In 1992, I came to New York City from Europe. A friend of my mother's, an aesthetician, showed me how to do body waxing, and I caught on from the first time! I was talented. Now, when I give a waxing course, I don't see talented girls often. It must be a blessing, I think, like in any profession. My basic medical knowledge (nursing) helps a lot. I was working in the United States for one year, and then afterwards I moved to Montreal. That was 17 years ago. I was working in a Physiotherapy Clinic as a massage therapist and naturopath. I remember, once per week I had a patient come for a massage, a very hairy hockey player. He was hairy as a wolf. Even worse, I

always damaged the palms of my hands on his hair. One day, a guy came for a massage with a hairless back. I asked him about it, and he told me that he had gotten a waxing done. Since that time I started to think about body waxing for men. I rented a room in a small spa and... That was 10 years ago. Just for last year I used 400 kilos of wax! I've spent a lot of kilometres of strips! And at least one pine tree for my wooden spatulas! An article about me and my job was written in the newspaper. It was like a gift for me for Christmas. And, finally, I wrote this small pocket book as a guide for you, guys, because we don't have this type of book on the market. And I hope, hope, and hope that this book will be useful for you!

- Nora