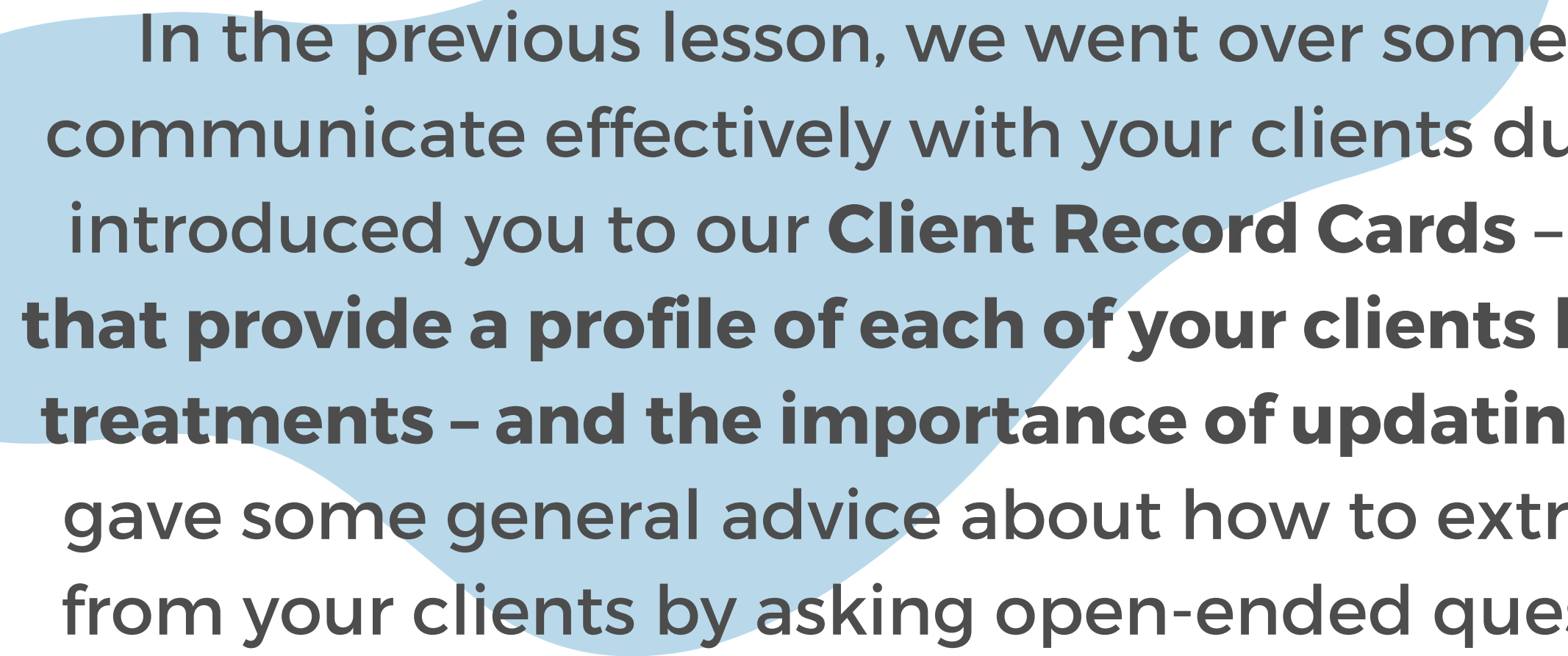


# Module 4 : Lesson 2

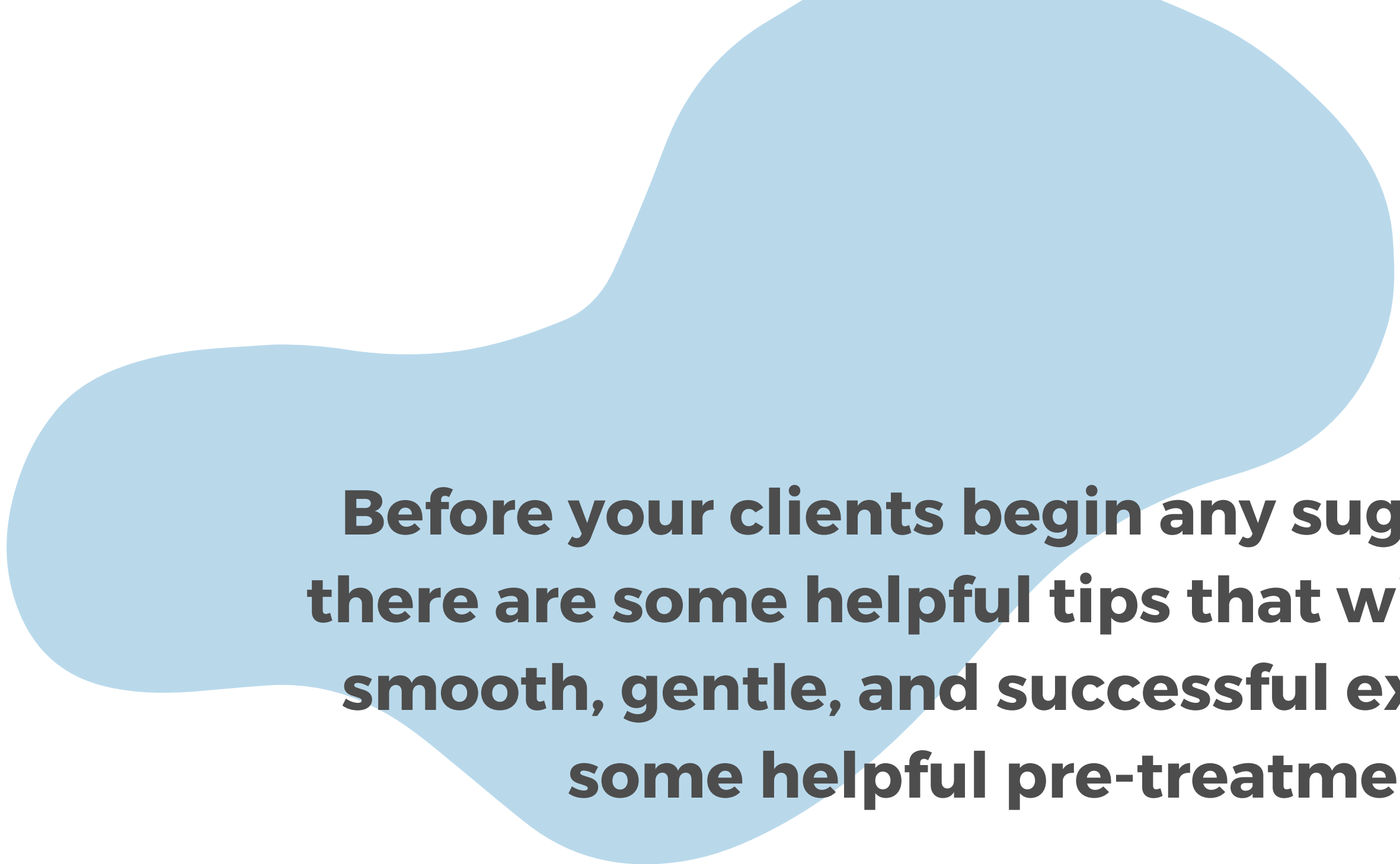
Pre- and Post-Treatment  
Advice



In the previous lesson, we went over some general tips on how to communicate effectively with your clients during the consultation. We introduced you to our **Client Record Cards – confidential documents that provide a profile of each of your clients based on current and past treatments – and the importance of updating them regularly.** We also gave some general advice about how to extract the most information from your clients by asking open-ended questions, exhibiting positive body language, and listening carefully.



In this lesson, you're going to carry that knowledge forward while educating your clients on specific pre- and post-treatment measures that will help them receive the best results. **One handy document that you can provide to your clients is our brochure – the Alexandria Professional® Full Circle of Skin Conditioning®.** Hand one out to each of your clients as it will nicely complement your advice.



**Before your clients begin any sugaring treatment, there are some helpful tips that will help make for a smooth, gentle, and successful experience. Here's some helpful pre-treatment advice.**

# 1

Advise your clients **not to exfoliate the day before, the day of, or the day after treatment.**



# 2

If possible, it is **best not to tan prior to treatment**, as the skin might be burnt, irritated, or extra sensitive. This could make the treatment unnecessarily uncomfortable or painful for your client.





# 3

Moreover, clients should **refrain from exercise prior to treatment**, as it can lead to an increased body temperature. While sugaring, warmer body temperature can alter the sugar paste's ideal texture. In a similar vein, advise your clients to avoid applying creams or lotions to the skin no earlier than 24 hours prior to the treatment, **with the exception of our Restore™ Hydrating Lotion.**



# 4

**Do not schedule treatments during times when your client is on antibiotics, perhaps due to an infection, or sick from a virus. It's also best to avoid treatments that coincide with their menstrual cycle.** All these factors can lead to extra sensitivity and discomfort during the treatment.





While the above advice pertains to pre-treatment measures, there are some **measures your clients should take when they're in between treatments or prior to a subsequent treatment.**

# 1

**Clients should avoid using razors or depilatory creams between treatments.**  
They can interfere with the ultimate goals of permanent hair removal and healthy skin



# 2

To keep the skin clean and hydrated, **advise your clients to regularly cleanse with our Presept™ Skin Cleaner, then apply Essential Tonic™ before finally hydrating with our Restore™ Hydrating Lotion.** This is actually a great pre- and post-treatment regimen for keeping the skin in the best possible condition.



# 3

Because of our unique sugaring technique, we can successfully remove hairs as short as one-sixteenth of an inch. **Remind your clients that sugaring hair at this length, on a regular basis, leads to permanent hair removal.**




There are some measures your clients should take to ensure their skin remains healthy post-treatment. For example, **clients should avoid exposing the treated area to the sun or infrared lamps for at least 24 hours.** The skin might feel extra raw or sensitive and this exposure could lead to irritation. Similarly, after a sugaring treatment, **it's best to avoid perfume soaps or any chemical irritants for at least 12 hours.**





And aside from our specialized products, such as our Travel Kit, Presept™ Skin Cleanser, Essential Tonic™, and Restore™ Hydrating Lotion – which should be used on a daily basis for optimal skin health – **advise your clients to refrain from using any of their own creams or lotions for at least 24 hours, just to be safe.**





**At the end of the day, it's not just about hair removal, it's about the condition of the skin. There's no separating the two.**