



Confessions of a Waxing Virgin **"Wax On-Wax Off"**

Yes, it's the saying from the 1984 hit movie- The Karate Kid. However, at [The SPA](#), or any spa for that matter, it has a whole different meaning.

Contemplating a Bikini or Brazilian wax, is not a decision to be taking lightly. I, Mandy one of the new kids on the block at [The SPA](#) and waxing virgin, am currently considering a waxing service from one of our very talented skin therapists. However, I have a very low threshold for pain, and have been known to tear-up just having my eyebrows waxed so the mere thought of having one of my "lady-parts" waxed, makes my skin crawl.

With that said, I'm in the process of completing "pre-wax" research so I'm adequately educated prior to my "Big Waxing". For anyone who is considering waxing, I thought I would share my knowledge in a small series of articles in hopes of taking away the stigma behind a Bikini or Brazilian waxing.

First thing first- hair length and the differences in the wax utilized. After reading on-line, I learned the hair growth needs to be about one-quarter inch (1/4") long. Because I don't have time to measure (and who does), I spoke with one of our skin therapists Katasha and she indicated this is about 10 days of growth or seven if your hair grows quickly.

I then consulted with Katasha about the differences in the wax used: hard or soft wax. Hard wax is designed to adhere to the course hair in the bikini area and not the skin and hair as soft wax does. Using hard wax leaves the skin less irritated and provides a smoother waxing while soft wax serves well for finer hair, facial hair and course hair, and is suited for sensitive skin, hence its primary use on the eyebrows, lip and chin.

In speaking with Katasha, while the hard wax seems like the more ideal choice, it actually takes longer because once it's applied it has to harden. While it's at the client's discretion to choose the wax, I personally am going to want this experience over as quickly as possible, so I have no desire to sit and wait for the wax to harden- thus I'm going with the soft wax. Additionally, my continued research indicated that if your skin therapist knows what they are doing, and I know [The SPA's](#) do as our clients are satisfied with their waxing treatments and routinely return, the skin will be irritated regardless (since you're removing the hair from the root) so you may as well choose the soft wax over the hard wax, if timing is an issue for you.

Be sure to check out next week's Namasté Newsletter for the difference between the actual Bikini and Brazillian waxings, as brought to you by the resident Waxing Virgin.

Confessions of a Waxing Virgin **The riveting and (perhaps) overly-dramatic conclusion**

As you read this, the 30-Year-Old-WAXING-Virgin is no more. I went in for a Bikini wax, didn't have the kahones to get a Brazilian and came out with what my skin therapist Katasha and I dubbed a "Brakini".

However, before I provide you with the riveting and (perhaps) overly-dramatic conclusion, I must educate you on the differences between the Bikini and Brazilian waxing so you understand why I say I had a "Brakini".

Prior to my waxing, I sought the advice of one of our other skin therapists Jessica about the differences. Here is a brief rundown of our candid conversation:

30YOWV: In your words, please explain to me the difference between the [Bikini and the Brazilian Wax?](#)



Jessica: The Bikini wax is what you would typically shave if you were taking a day trip to the beach in your BIKINI... and the Brazilian is everything from front-to-back. (30YOWV's mind: Way to give it to me straight Jess!)

30YOWV: On the pain scale of 1 (no profane language) to 10 (an abundance of profane language), how would you rate the "pain" between the different waxings?

Jessica: "The bikini wax doesn't hurt that badly... it's more like if you've had a piercing." (I feel it's my due-diligence to tell you that if my belly-piercing was any indication as to how my "hoo-ha" waxing was going to go, I was really worried.)

So, my final question was regarding the time required for each waxing, because as previously mentioned, I wanted this to be over as soon as it started:

- [Bikini Wax](#) Time Lapse (on-average): 15-20 minutes
- [Brazilian Wax](#) Time Lapse (on-average): 30-45 minutes

So...do I have you hooked, waiting with baited breath for the riveting and (perhaps) overly-dramatic conclusion?

As previously mentioned, I couldn't go through with the full-on Brazilian. She started with the right side of my bikini line, worked her way across the "top" reaching the left side of my bikini line. The sides were actually tolerable. On the pain scale they garnered a solid "holy moly!" However, and I'm not going to sugar coat it, when she waxed the top... the language grew to a 4.5 - 5 on the Profanity Pain Scale (PPS). (And I wasn't exactly quite either. One might have thought we were skinin' cats in that room). The closer she got to the "ultra sensitive" area, the squirmier I got, the less tolerable I became and on the PPS, I'd say I peaked at 8.5.

I'm at a loss for words (which never happens) to accurately describe how the skin of my hoo-ha was feeling, which led me to the conclusion that I just couldn't go all the way (thus the Brakini). This was when Katasha thought this was a great time to put me on my side and "clean up the back side."

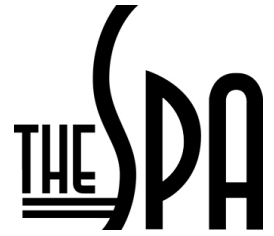
30YOWV Side Note: I have to tell you I was there when my sister had her baby, and I'm just not sure which is a more humiliating experience. To have your co-worker/highly-trained skin therapy professional at one's "business end", or a highly-trained physician and key members of one's family watch you push a watermelon through your "business end." Seeing as how I've not given birth, I'm gonna go with MY experience (I told you my riveting conclusion perhaps might be overly-dramatic).

With my "back side clean" (which by the way is done lying on your sides, not on all fours as I had envisioned), I rolled back over for one last waxing to "tidy-up". That was the waxing which solidified my decision to not go all-the-way as I said "I'm done, I've had enough, thank you very much but this \$&#% hurts!" Katasha just smiled as she cleaned any remaining waxy residue and instructed me to use the cooling gel.

So I and my newly coifed Brakini hoo-ha left the room walking as if I had been riding a horse for three days. The first words from the front desk: "We have other clients in here you know?!" My response (insert eye roll): "It hurt and I'm going home now to follow Dayami's (another skin therapist) after care instructions:

- No exfoliation within the first 24-28 hours; that includes using a loofa
- Wash with luke warm or cool water to help reduce inflammation and irritation
- Use a mild cleanser and a cooling product with Aloe
- Avoid using lotions or creams with a fragrance
- Wear loose clothing
- No physical activity for 24 hours (i.e. working out, etc...use your imagination)

It's been a week. The irritation has subsided and I'm smooth as a baby's bottom. Would I do it again? Jury is still out my friends. I guarantee that if I do though, I'll include an update in the Namasté Newsletter, so there's a comparison between the first and second times.



In the meantime, if there's a service or product you're interested in learning more about, [email me](#) and I'll put myself through the ringer again or do a little investigating and write about it.

The 30-Year-Old-NO-LONGER-Waxing Virgin,

Mandy