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THE COMPLETE GUIDE TO BODY WAXING IN MIDTOWN EAST, NYC **By Meena Threading & Waxing Center (Book My Waxing)**

Welcome to Book My Waxing

A practical, no-fluff guide to what body waxing actually involves — written by the technicians who perform it every day at our Lexington Ave salon.

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WHAT BODY WAXING ACTUALLY IS (AND HOW IT COMPARES TO SHAVING)



Waxing removes hair by adhering warmed wax to the hair shaft and **lifting it out from the follicle** in one motion — as opposed to shaving, which **cuts hair off at the skin's surface**, or depilatory creams, which **dissolve it chemically**.

That **root-level removal** is the whole reason waxing behaves differently than shaving day to day:

	Waxing	Shaving	Depilatory Cream
How it works	Pulls hair from the follicle	Cuts hair at the surface	Dissolves hair chemically
How long results last	Typically 4–6 weeks	1–3 days	3–7 days
Regrowth texture	Often finer over repeated sessions	Can feel coarse or stubbly as it grows back	Similar to shaving
Upkeep required	Low — one appointment per cycle	Daily or every few days	Every few days
Best suited for	Longer-lasting smoothness, less daily maintenance	Quick touch-ups, budget friendly	Occasional use, sensitive to razors

None of these methods is objectively "best" — the right choice depends on how much upkeep you want to do and how your skin responds. Waxing tends to win out for people who'd rather deal with hair removal **once every several weeks** than **every couple of days**.

SOFT WAX VS. HARD WAX: WHAT'S USED WHERE, AND WHY



Most people don't realize there are two fundamentally different types of wax used in a professional appointment — and the difference matters more than most guides let on.

Soft (strip) wax:

Is applied in a thin layer and removed with a cloth or paper strip. Because it grips both the hair and the surrounding skin, it's fast and efficient for **covering large, relatively flat areas** — but it's not the gentlest option for **smaller or more sensitive zones**.

Hard wax:

Is applied thicker and removed on its own, without a strip, once it cools and hardens. It bonds mainly to the **hair rather than the skin**, which is why it tends to be the more comfortable option for **delicate or sensitive areas**.

Here's how that generally breaks down by body area:

Area	Wax Typically Used	Why
Legs, arms, back	Soft (strip) wax	Efficient for larger surface areas
Underarms	Hard wax	Sensitive skin, coarser hair
Bikini line, Brazilian	Hard wax	Most sensitive area on the body
Face, feet, fingers	Hard wax	Precision on smaller, delicate areas

A good technician doesn't apply one wax type across your whole appointment — **they switch based on the area**, which is part of why the service is **worth having done professionally** rather than with an at-home kit built around a single wax type.

BIKINI, DEEP BIKINI, AND BRAZILIAN: WHAT'S THE ACTUAL DIFFERENCE?



This is one of the most common points of confusion for first-time clients, and most guides skip right past it. Here's the actual breakdown:

Bikini line wax:

Removes hair **just outside the visible edges** of standard underwear or a bikini bottom — the **minimum needed** so nothing shows outside your swimsuit.

Deep bikini wax:

Goes further in, removing more hair from the sides and top but typically leaving a **defined strip or triangle** in the center. Think of it as a **middle ground** between a basic bikini line and a full Brazilian.

Brazilian wax:

Removes **essentially all hair** from the **front, top, and back** (including between the cheeks), leaving the area **completely bare** or with a small strip if requested.

There's no "correct" choice — it comes down to **personal preference**, and you can always start with less coverage and go further at a future appointment once you know how your skin responds. Every technician at our salon will walk through these options with you during your **consultation before starting**, so you're never guessing what you're going to end up with.

HOW TO ACTUALLY PREPARE FOR YOUR APPOINTMENT



Most prep advice is generic. Here's what actually affects your results:

Hair length matters more than anything else:

Wax needs hair to be roughly **1/4 inch long** — **about the length of a grain of rice** — to grip properly. Too short, and the wax can't grab it cleanly; you'll end up with patchy results or your technician recommending you reschedule.

Skip the exfoliation the day of your appointment:

But do exfoliate gently **2–3 days beforehand**. This clears dead skin without leaving the area freshly sensitized right before waxing.

Flag these to your technician before you start:

- **Retinoids, prescription acne medication** (like tretinoin or isotretinoin/Accutane), or **recent chemical peels** — these can make skin more prone to tearing or irritation during waxing, and your technician may need to avoid the area or adjust technique.
- Any history of **eczema, rosacea, or unusually reactive skin**.
- Whether you're taking **blood thinners**.
- If you're **pregnant** — some areas or products may need adjusting.

Timing tips:

- **Avoid waxing right before or during your period** if you know you tend to be more sensitive at that time — it's not required, but many clients find timing it a week or two after helps.
- **Skip caffeine right before your appointment** if you're prone to sensitivity; it can make skin more reactive.
- **Arrive with clean, dry skin** — skip heavy lotion, oil, or sunscreen on the area that day.

WHAT HAPPENS DURING A WAXING APPOINTMENT, STEP BY STEP



1. Consultation:

Your technician asks about the **areas you want treated**, your **hair length**, **skin sensitivities**, and any past reactions — this is also when to mention anything from the **prep checklist** above.

2. Cleansing:

The area is **cleaned** to remove **oil, lotion, and makeup** so the wax **adheres properly and hygienically**.

3. Wax selection and application:

Based on the area, your technician applies **hard or soft wax** in the **direction of hair growth**, working in **manageable sections**.

4. Removal:

The wax is **removed quickly against the direction of hair growth**, taking hair with it. This repeats section by section across the area.

5. Spot-check:

Your technician reviews the area for any **missed or stray hairs**.

6. Finishing care:

A **calming aloe gel, antiseptic lotion**, or soothing oil is applied to **reduce redness** and settle the skin.

Smaller areas (underarms, bikini line, face) are often finished in under **30 minutes**; **larger or combined services take longer**. **Some redness** immediately after is **normal** and usually **fades within a few hours**.

DOES IT HURT? A REALISTIC, AREA-BY-AREA BREAKDOWN



The honest answer is: it depends on the area, your **pain tolerance**, and how **consistently** you get waxed. Here's a more useful breakdown than a flat yes-or-no:

Underarms and legs —

Generally the **most tolerable areas**; most clients describe a **quick, sharp pinch** that passes almost immediately.

Bikini line —

More sensitive than legs or arms, but still brief.

Deep bikini and Brazilian —

The **most sensitive areas** on the body, understandably. Discomfort is usually **short-lived per pull**, but there are more pulls involved.

Face —

Varies by area; **upper lip and chin** tend to be **quick and mild**.

A few things that genuinely make a difference:

Consistency helps:

Hair that's been waxed repeatedly over several sessions tends to **grow back finer and looser** in the follicle, which usually makes each subsequent appointment **more comfortable**.

Timing around your cycle:

can affect **sensitivity** for some people, as mentioned above.

Hard wax vs. soft wax:

Because **hard wax grips the hair rather than the skin**, many clients find it **noticeably more comfortable** for sensitive areas.

Breathing through the pull:

(rather than tensing up) genuinely **reduces perceived discomfort** — **ask your technician** for a countdown if it helps you prepare.

If you're nervous for your first appointment, say so — a good technician will **pace the session** and explain each step before doing it.

AFTERCARE THAT ACTUALLY PREVENTS INGROWN HAIRS



Ingrown hairs are the single most common complaint after waxing, and they're also the most preventable.

Here's what actually matters, broken down by timeline:

Immediately after (0–24 hours):

- **Avoid touching** the area with unwashed hands.
- **Skip hot showers, baths, saunas, and steam rooms** — heat plus freshly opened follicles increases irritation.
- **Avoid heavy makeup, perfumed lotion, or deodorant** on freshly waxed underarms.
- **Wear loose, breathable clothing** — tight fabric rubbing against the area is a common trigger for irritation.

Days 2–3:

- Continue avoiding intense heat and **sweat-heavy workouts**.
- Skip **direct sun exposure and tanning beds** on the treated area.
- Don't apply **chemical peels, retinoids, or strong exfoliants** near the area yet.

Day 3 onward — this is the step most people skip:

- Start **gentle exfoliation 2–3 times a week**, using a soft washcloth, a gentle scrub, or a chemical exfoliant like **salicylic acid** (if your skin tolerates it). This is the single biggest factor in **preventing ingrown hairs**, because it clears away dead skin that would otherwise trap regrowing hair.
- **Moisturize daily** — well-hydrated skin allows hair to grow through the surface more easily instead of curling back under it.
- If you do notice an ingrown hair, **resist the urge to pick or tweeze it aggressively**. A **warm compress** and gentle exfoliation are usually enough to resolve it; if it becomes inflamed or infected-looking, that's worth a doctor's attention rather than DIY extraction.

Ongoing maintenance:

Continue **light exfoliation and moisturizing** between appointments, not just in the days right after.

BOOK MY WAXING

WAXING MYTHS WORTH RETIRING



"Waxing makes hair grow back thicker." :

It doesn't. Hair removed from the follicle through waxing **doesn't change in thickness or color**. What people are usually noticing is that regrowth after repeated waxing often **feels finer and sparser** than hair that's been shaved — the opposite of the myth.

"You have to be in pain to get good results." :

A good wax, done by an experienced technician with the right wax type for the area, **shouldn't leave you bruised or in lasting pain**. Some discomfort during removal is normal; significant pain afterward usually means something about the technique or timing wasn't right for your skin.

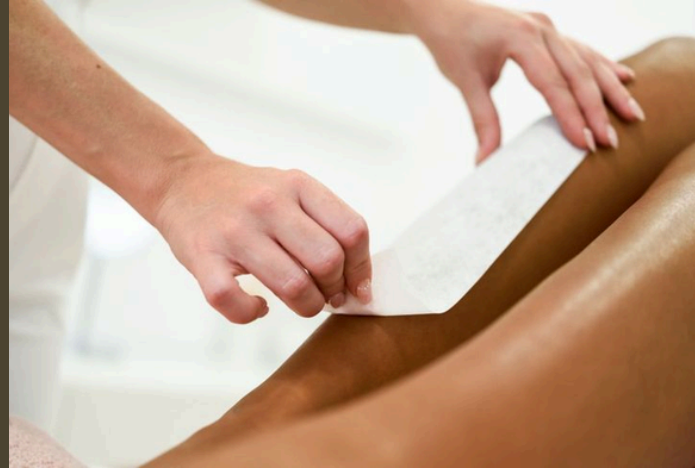
"Waxing isn't an option if you have sensitive skin." :

Many clients with sensitive skin wax comfortably once their technician knows to use **hard wax** and adjust technique accordingly. It's worth mentioning sensitivity at your consultation rather than assuming waxing is off the table.

"All salons and wax types are basically the same." :

They're not. **Technique, wax quality, and how well a technician matches wax type to area** all affect both comfort and how clean the results look.

PROFESSIONAL WAXING VS. AT-HOME KITS



At-home waxing kits are widely available, but a few structural differences explain why most people end up back at a salon:

Temperature control:

Professional wax warmers hold wax at a **consistent, correct temperature**. At-home microwave kits are harder to gauge precisely, and wax that's too hot is one of the more common causes of **at-home burns**.

Technique and angle:

Removing wax at the wrong angle or speed is a common cause of **bruising, missed hair, or hair breaking off** above the follicle (which leads to patchy results). This is a skill that takes practice to get right.

Wax-to-area matching:

At-home kits are usually built around a **single wax type**, whereas a salon visit lets your technician switch between **hard and soft wax** depending on the area — which matters more than most people expect for comfort and evenness.

Hygiene:

Salons use **single-use applicators and sanitized tools** for every client; at-home kits are harder to keep equally clean session after session.

None of this means at-home waxing can't work for some people and some areas — but for **larger sessions, sensitive areas, or a first attempt**, most people find professional waxing gives more consistent, comfortable results.

HOW OFTEN SHOULD YOU ACTUALLY BOOK?



The standard advice is "**every 4–6 weeks**," but the more useful answer accounts for a few variables:

Hair growth cycle:

Hair grows in phases, and waxing works best when most of the hair in an area is in the **same growth stage**. Waxing too early (before enough hair has grown back) means uneven results.

Area:

Finer-haired areas like the **face or underarms** sometimes need appointments closer to the **3–4 week mark**, while **legs and arms** often stretch comfortably to **5–6 weeks**.

How long you've been waxing consistently:

Clients who've waxed the same area repeatedly over months often find hair **regrowth slows and thins**, sometimes allowing longer gaps between appointments.

The "grain of rice" rule still applies:

regardless of the calendar, book your next session once hair has grown to about **1/4 inch**, not before.

If you're unsure, your technician can look at your regrowth pattern at your next visit and suggest a **more personalized interval**.

SERVICES & PRICING



Service	Price
Underarms	\$10
Half Arms	\$20
Full Arms	\$25
Lower Legs	\$25
Upper Legs	\$30
Full Legs	\$40
Bikini Line	\$30
Deep Bikini	\$35
Brazillan Wax	\$45
Brazllan Wax CDB	\$45
Hard Wax Brazilian	\$50

Service	Price
Stomach	\$25
Lower Back	\$20
Full Butts	\$20
Full Front	\$40
Feet Wax	\$12
Fingers Wax	\$12
Full Body Wax	\$150

Pricing current as of publication. Please confirm current rates at bookmywaxing.com/pricing.html or by calling the salon, as prices are subject to change.

QUICK-ANSWER FAQ



Does body waxing hurt?

Most clients describe **brief discomfort** during hair removal rather than lasting pain, and it tends to ease with regular sessions as hair becomes finer. Sensitivity varies by area and person — see Section 6 for a fuller breakdown.

How long do results actually last?

Typically **4–6 weeks**, depending on your hair growth cycle and the area treated.

What's the difference between a bikini wax and a Brazilian?

A bikini wax removes hair **just outside your underwear line**; a Brazilian removes **essentially all hair** from the area. See Section 3 for the full breakdown, including the "deep bikini" middle option.

Can I wax if I have sensitive skin?

Yes, for most people — using **hard wax** and adjusting technique typically makes waxing manageable even for reactive skin. Mention sensitivities at your consultation.

Will waxing help with ingrown hairs, or cause them?

Waxing can **reduce ingrown hairs** compared to shaving for many people, since hair grows back at a natural angle rather than blunt-cut. But poor aftercare — skipping exfoliation, wearing tight clothing right after — can still cause them regardless of removal method. See Section 7.

Do you accept walk-ins?

Walk-ins are sometimes available; **booking ahead is recommended** for a guaranteed time.

**READY TO BOOK YOUR
WAXING APPOINTMENT?**



Schedule online or call us directly — walk-ins welcome when availability allows.

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

Meena Threading & Waxing Center (Book My Waxing)

More details:

<https://bookmywaxing.com/bodywaxing.html>

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