

# WAXING WHILE PREGNANT

Lilliane Caron discusses why waxing while pregnant is completely safe, giving expecting mothers and beauty therapists one less thing to worry about!

Pregnancy is a very exciting time for any mother to be, but it can also be riddled with worries about what's safe for them and their unborn baby. It is not uncommon for expectant mothers to become over protective and cautious of their bodies; what they put in it, what they put on it, and what they expose it to. While there are many things that should be avoided during pregnancy there are also a few myths thrown in the mix! One being; 'Waxing is not safe while pregnant.' Several arguments exist as to whether waxing during pregnancy is safe or not, I am here to tell you it is completely safe!

While there are some products or activities to be careful of while pregnant; waxing is not one of them. Some believe that the ingredients from the wax used in a treatment can be dangerous, but the fact is, the wax is not absorbed into the body and therefore cannot affect an unborn baby.

While waxing is completely safe for both the baby and the mother during pregnancy, there are still a few things woman should be mindful of. During pregnancy there are hormonal changes in the body. Hair can grow thicker, darker and in places it's never been before. There is increased blood flow, especially in the pubic area which can make the skin feel more sensitive and susceptible to pain, for this reason women may find waxing more painful than it previously was. They also may find that their skin is more likely to get itchy and irritated. In these instances therapists should opt for a premium quality synthetic wax. These waxes are designed to be gentle on the skin and cause less redness and irritation. Generally I advise to never change waxes however if you are not already using a gentle wax in your day to day treatments you really need to make sure you have one on hand when waxing a pregnant client. For Brazilians and small areas it may even be a good idea to stick to using a hard wax only. Hard wax is far gentler on the skin and can be less painful for the client than strip wax. No matter which wax you choose, make sure you always do a test patch first so that you can check for reactions and your client can gauge the pain level. Even if you are treating a regular client, pregnancy can affect the body in mysterious ways, so it's always best to do a quick test.

Some therapists won't perform a waxing treatment on anyone in their first trimester and the reason for this is that they have not been trained and do not feel confident, it's not because it is actually harmful to get waxed within that time frame. I believe this is unnecessary, not only are you sending out a negative association between waxing and pregnancy, but you are also costing yourself many potential clients. It is not uncommon for women to be completely unaware they are even pregnant for 6-8 weeks and carry on living life completely normal!

Some salons are realising the value of pregnant clients to their business and opening boutique salons targeting solely pregnant mums. This is an untouched market with a lot of potential. It's not only beauty salons that are capitalising on expectant mums either – there's businesses dedicated to pregnancy yoga, pregnancy massage, pregnancy swimming and aerobics.

As a therapist, the most difficult time to perform a waxing treatment on a pregnant client is when they are close to their due date. Many women will book treatments right before they are due, particularly Brazilians. Not only does being completely hair free down there make them feel clean and comfortable, but it also helps when it comes to post care and recovery.

For heavily pregnant woman, trying to conduct at home waxing treatments on their legs or bikini region becomes near impossible! Because Brazilians in particular are very popular in the weeks leading up to birth, therapists need to know how to handle heavily pregnant women. There are particular techniques and positions that need to be used. For example heavily pregnant women cannot lay flat on their back, they need extra support and you need to be able to manoeuvre them properly and as comfortably as possible. Waxing pregnant clients is not something you can bluff your way through, nor should you try. If you are not confident with waxing pregnant clients, look at getting some extra training, trust me, the investment will pay for itself after just a few clients. Half of being a good therapist is educating your clients. Make sure you open the lines of communication and assure them it is completely safe to continue their regular waxing routine while pregnant. Most pregnant women ooze a beautiful healthy pregnancy glow, so why shouldn't they have beautiful smooth, hair free skin too?

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