

SUGARING Treatments During Pregnancy

by Lina Kennedy

Is Sugaring Hair Removal Treatments Safe During Pregnancy?

The answer is absolutely... Yes! A special baby bundle is not the only one privileged to a smooth bottom. Mommies to be can also safely maintain silky smooth skin anywhere they desire throughout their pregnancy. During pregnancy, a woman's body experiences major hormonal changes including increased levels of progesterone. This is a major cause of women developing thick and dark hair around their abdominal area and a travelling line of hair from navel to pubic area, even if they never had hair there before. Not only are sensitivities from emotions to skin heightened, now they have to deal with the issues of "new unwanted hair growth."





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Any woman who is with child should take extra care not to introduce trauma to her body which can affect the unborn child – stress being one of these factors. There are so many articles to be found online through Google that can help a person become more aware of their choices, safe choices for everything from food intake, to exercise and hair removal.

A pregnant woman's body produces a variety of chemicals which can affect her skin in ways that was never experienced by her body before the pregnancy. All of a sudden her skin may be reacting to the most familiar skin products that never bothered her in the past. These are simple facts

that both a professional aesthetician and her client should discuss prior to any treatment, hair removal included.

The great news for sugaring practitioners is that there are some sugaring systems that guarantee their sugar pastes to be 100 percent natural and edible. There are no trickeries of chemical additions which have no place in a perfect sugar paste formulation, and there are no addition of "oils" which also have no place or value in formulations that are highly effective and still remain safe to eat!

What Can a Pregnant Client Expect With Continued Sugaring Treatments?

Pregnant women can become even more sensitive as their pregnancy approaches its final trimester. Areas affected most by hormones such as bikini become somewhat swelled as more blood flows through this area. Underarms also can become more sensitive. An experienced practitioner will ask her client if she is feeling more sensitive than usual. If the response is yes, then the practitioner knows to take it even more gently when performing the treatment. One way to ensure this is to take smaller areas at a time working your way from outside the bikini to inside especially where an "LA style" bikini is being performed. That way, if it becomes intolerable to the client, the professional can still perform a good bikini line. Work from one side to the other giving a bit of "relax" time to the other side.

One Less Thing For "Mommy to Be" To Worry About

Thousands upon thousands of women get sugared throughout their pregnancies right up until the due date. They have everything normally sugared continued including the "LA style" bikini so that they are bikini-clean for delivery. A woman with child has more important things to think about – so as a professional it is your job to take away all of their hair concerns and keep their skin silky smooth. Here are some treatment ideas for pregnant clients that you can add to your treatment menu:

Can't See My Legs Appointment: If your client has not been getting her legs sugared regularly, for whatever reason, it might be time for you to sug-

gest getting sugared providing her with a means to keep her legs smooth, especially considering that this is a part of her body that she will have trouble reaching.

Happy Trail Appointment: Sugaring the line of hair from naval down is not uncomfortable and it is a great treatment to perform regularly so that they are not left with the hair for very long after the delivery.

Duvet Facial Hair is Getting More Padded Appointment: Facial hair is also essential to continue to treat with sugaring during and after pregnancy to refine and to diminish the hair quicker. This area is not super sensitive during the pregnancy as a bikini might be.

Hair-Free Breastfeeding Appointment: It is not really a secret to women that hair can grow around the areola. Not attractive and very easy to get rid of permanently with regular sugaring treatments. No discomfort is felt in this area.

New Sugaring Client vs. Existing Sugaring Client

There is a time where introducing sugaring for bikini treatments, especially the "LA style" bikini, might be considered too painful for a pregnant woman. This would be when a woman is in her third trimester and usually shaves her bikini and now wants to

prepare for her delivery. It is not to say that it is impossible to treat because one person's sensitivity is not equal to another person's. It is best to advise a new client that they will likely be more sensitive and then perform a "patch test" to see if they can tolerate the treatment. The likelihood that the professional will be able to succeed with a basic bikini treatment, if not a complete "LA style" bikini is very good.

When one of your regular clients becomes pregnant, she will likely have no sensitivity to the treatments even as her pregnancy matures. This is because her hair will be refined and grow sporadically leaving little to zero discomfort. That is one of the major benefits to sugaring treatments and a full circle of skin conditioning program. The key here is for a woman with child to stay as natural as possible and not to introduce new chemicals into her body whether ingested or passed through the skin.



Lina Kennedy is president of Alexandria Professional headquartered in Welland, Ontario Canada. 800-957-8427 or www.alexandriaprofessional.com

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