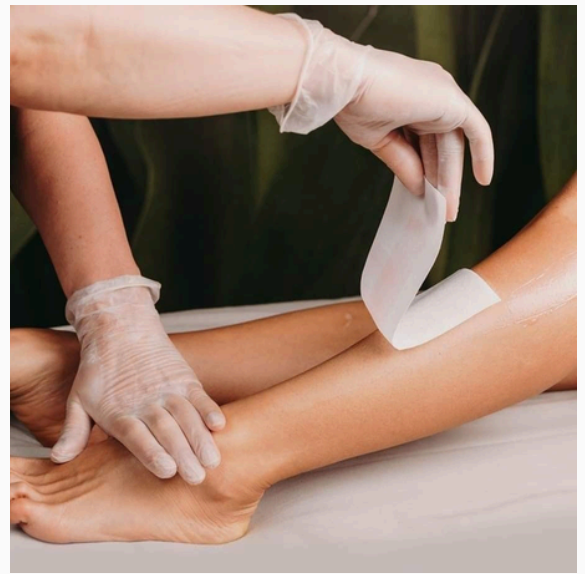


The Complete Guide to Body Waxing in Manhattan



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WHY PROFESSIONAL WAXING BEATS DIY HAIR REMOVAL

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Waxing does more than remove hair — done well, it's also a **light exfoliating treatment**, since the wax lifts away some of the outermost layer of dead skin along with the hair it removes. That's part of why skin often looks **brighter immediately** after a session, not just hair-free.

It also sidesteps the daily wear of shaving: **no nicks, no razor burn, no stubble** reappearing within a day. Because waxing **pulls hair from the root** rather than cutting it at the surface, **regrowth is typically slower and finer** than what you'd see after shaving.



The gap between a good and an average waxing experience usually comes down to three things:

1. The technician's skill in **reading your skin and hair type**
2. The **quality of the wax used**
3. How carefully **aftercare is handled**.

That's the difference **professional waxing** is built around — not just removing hair, but doing it in a way that leaves skin **calm and evenly treated** rather than red, patchy, or irritated.

SOFT WAX VS. HARD WAX: MATCHING THE METHOD TO THE AREA

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Not all wax works the same way, and a good technician doesn't use one type for your entire appointment.

Soft (strip) wax is spread thinly and removed with a cloth strip. It adheres to both hair and skin, which makes it **efficient for covering larger, flatter surfaces quickly** — think **legs, arms, and back**.

Hard wax goes on thicker and is removed on its own once it hardens, without a strip. Because it **grips mainly the hair rather than the surrounding skin**, it tends to be the **gentler option for sensitive or smaller zones** — which is why you'll see it offered specifically for areas like the **underarms and bikini line**.



A quick reference for which type typically suits which area:

Area	Typical Wax	Why
Full legs, arms	Soft (strip) wax	Fast, even coverage over larger surfaces
Underarms	Hard wax (also offered as a dedicated hard wax option)	Sensitive skin, denser hair
Bikini line, deep bikini, Brazilian	Hard wax	Most sensitive area on the body
Stomach, back, buttocks	Soft or hard wax	Chosen based on your skin's sensitivity
Feet, fingers	Hard wax	Precision on small, delicate areas

DECODING YOUR BIKINI OPTIONS: LINE, HARD WAX, DEEP, AND BRAZILIAN

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Bikini waxing has more variations than most people realize, and the terminology isn't always self-explanatory. Here's what each option on our menu actually means:

Bikini Line — Removes hair **just beyond the edges of standard underwear** or a swimsuit bottom. The **most conservative option**, ideal if you just want **nothing visible outside your bathing suit**.

Bikini Hard Wax — The same general coverage as a bikini line service, but **performed using hard wax** instead of soft wax — often the **more comfortable choice for sensitive skin** in this area.

Deep Bikini (Hard Wax Deep) — Goes **further in** than a standard bikini line, removing **more hair from the sides and top**, typically leaving a defined shape rather than full coverage. A middle ground between bikini line and Brazilian.

Brazilian Wax — Removes **essentially all hair** from the **front, top, and back**. We also offer a **Brazilian Wax (CBD)** option, which uses a **CBD-infused wax formula** as an alternative — some clients prefer it, though it's offered as a product variation rather than a treatment with claimed therapeutic effects.

There's **no single "right" choice** here — it's entirely about **your comfort level**, and you're always welcome to **start conservative** and go further at a future visit once you know what to expect.



WHAT ACTUALLY HAPPENS DURING YOUR APPOINTMENT

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Every appointment at our salon follows the same **core structure**, regardless of which area you're having treated:

1. Consultation & Skin Check: Before anything else, your technician reviews your **skin type, past waxing history, and any allergies or sensitivities** you should mention.

2. Preparation: The area is **cleansed, lightly exfoliated** if appropriate, and your technician **selects the right wax type** — soft, hard, or a combination — for the specific area being treated.

3. Waxing Application: Wax is applied and removed with **attention to direction and technique**, which is what separates a **comfortable, clean session** from a patchy or unnecessarily painful one.

4. Finishing Touches & Care: After waxing, the area is cleaned and a **soothing balm or lotion is applied**, along with guidance on what to do (and avoid) over the **next 24–48 hours**.

Most single-area appointments **move efficiently** — larger or combined sessions **naturally take longer**.



HOW TO PREPARE BEFORE YOU ARRIVE

A few things genuinely affect how your appointment goes:

Let hair grow to about 1/4 inch: roughly the **length of a grain of rice** — before your visit. Wax needs **enough hair length to grip properly**; too short, and results can be uneven.

Skip heavy lotion, oil, or sunscreen: on the area the day of your appointment; **clean, dry skin** helps the wax adhere as intended.

Exfoliate gently 2–3 days before: not the day of — this **clears dead skin** without leaving the area freshly sensitized.

Mention any of the following to your technician: recent **chemical peels, retinoid or prescription acne medication use** (including tretinoin or isotretinoin), a **history of eczema or rosacea, blood-thinning medication, or pregnancy**. These can all affect how your skin responds and may change your technician's approach.

Avoid direct sun exposure or tanning on the treatment area beforehand.



IS IT PAINFUL? HONEST, AREA-BY- AREA EXPECTATIONS

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Most clients describe a **brief sting or tug** during hair removal rather than lasting pain, and **redness** — when it happens — **typically fades quickly**. But **sensitivity does vary meaningfully by area**:

- **Legs, arms, underarms** — Generally the **most tolerable**; a **quick pinch** that passes almost immediately.
- **Bikini line** — **Slightly more sensitive**, still **brief**.
- **Deep bikini and Brazilian** — **The most sensitive zones**, simply due to skin sensitivity in the area — though **each individual pull is still short**.



A few things that **make a real difference in comfort**:

Consistency helps: Hair that's been **waxed repeatedly over time** tends to grow back **finer and less deeply rooted**, which generally makes later sessions more comfortable than your first.

Wax choice matters: Hard wax, because it **grips hair rather than skin**, is often **noticeably gentler** for sensitive areas.

Technique matters as much as tolerance: A **skilled technician** managing **pull angle and speed** can make a meaningful difference regardless of the area.

If you're **anxious about a first appointment**, say so at your **consultation** — your technician can **pace things and explain each step** as they go.

YOUR 24–48 HOUR AFTERCARE WINDOW

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Right after your appointment:

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



Over the next 24–48 hours:

Skip intense workouts or anything that causes **heavy sweating**. **Avoid direct sun exposure and tanning beds** on the treated area. **Hold off on chemical peels, retinoids, or strong exfoliants** near the area.

A few days out:

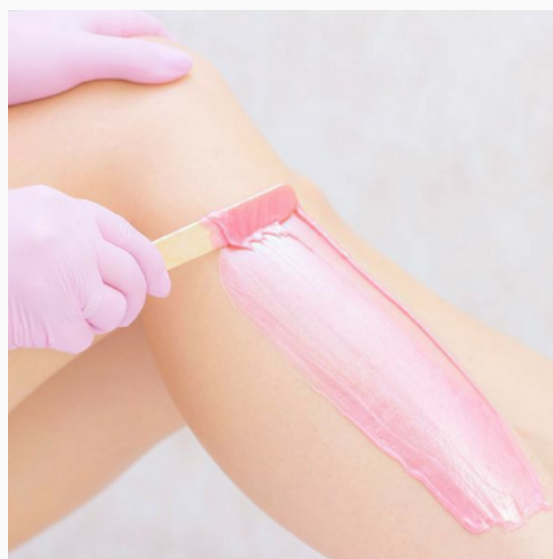
Begin gentle exfoliation once skin has settled (usually starting around **day 3**), which is the **single most effective** **Habit for preventing ingrown hairs** — see the next section. **Moisturize regularly** to keep skin comfortable and support **smooth regrowth**.

PREVENTING INGROWN HAIRS FOR GOOD

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Ingrown hairs are the **most common complaint** after any hair removal method, and they're also **largely preventable** with the right routine:

Exfoliate 2–3 times a week: Starting a few days after your appointment — a soft washcloth, gentle scrub, or mild chemical exfoliant like salicylic acid all work, provided your skin tolerates it. This **clears the dead skin** that would otherwise **trap regrowing hair**.



Moisturize daily: Well-hydrated skin lets hair **grow through the surface naturally** instead of curling back underneath it.

Avoid tight clothing: Over recently waxed areas, **especially in the first few days**.

Resist the urge to pick or tweeze: An ingrown hair aggressively. A **warm compress** and **gentle exfoliation** usually resolve it. If an area becomes **noticeably inflamed** or **looks infected**, that's worth a **doctor's attention** rather than at-home extraction.

WAXING MISCONCEPTIONS WORTH CORRECTING

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Waxing makes hair grow back thicker: It doesn't — hair removed at the root doesn't change in thickness or color. What people often notice is the opposite: repeated waxing tends to leave regrowth **finer and sparser** over time.

If it doesn't hurt a lot, it's not working: Some brief discomfort during removal is normal, but real pain or bruising afterward usually points to a **technique or wax-type mismatch** for your skin — not a sign of a more "effective" wax.



Sensitive skin means waxing isn't an option: Many clients with sensitive skin do perfectly well with waxing once their technician knows to **use hard wax** and adjust their approach. It's worth **flagging at your consultation** rather than ruling it out.

All wax and all salons are interchangeable: Wax quality, **technique**, and how well a technician matches wax type to area all directly affect **comfort and how clean the results look**.

WAXING FOR MEN: WHAT'S DIFFERENT



Waxing isn't exclusive to any one group of clients — we regularly wax men's back, chest, and arms, among other areas. The core technique is the same, though a few things are typically adjusted:

- **Hair density and coarseness:** Are often greater in areas like the back and chest, which can mean a technician works in smaller sections for even coverage.
- **Privacy and comfort:** Are handled the same way for every client — consultations are private, and technicians are experienced with the specific concerns first-time male clients often have.
- **Aftercare guidance is the same principles** — Avoiding heat, tight clothing, and sun exposure — adjusted for the specific area treated.



If you're new to waxing and unsure what to expect, mentioning that at booking or during your consultation helps your technician tailor the pace of the appointment.

WAXING FOR MEN: WHAT'S DIFFERENT

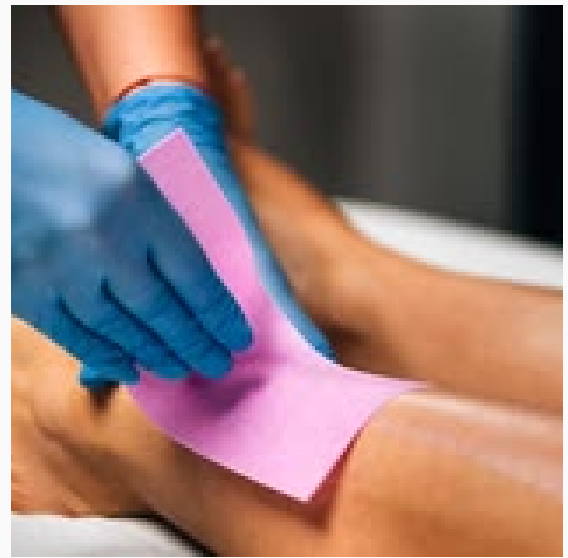
Most areas fall into a **3 to 5 week** rebooking window, though the right interval for you depends on a few things:

Your hair's natural growth cycle — waxing works best when **most of the hair** in an area has grown back to a **similar length**, so **waxing too early** can mean **uneven results**.

The area itself — finer-haired zones like the underarms or bikini line sometimes need slightly more frequent visits, while legs and arms can often stretch toward the longer end of the window.

How long you've been waxing consistently — many clients find **regrowth slows and thins** with repeated sessions over months, sometimes allowing **longer gaps between appointments**.

The 1/4-inch rule still applies regardless of the calendar — book your next visit once **hair has grown back to about that length, not before**.



SERVICES & PRICING

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Service	Price
Underarms	\$10
Hard Wax Underarms	\$15
Half Arms	\$20
Full Arms	\$25
Lower Legs	\$25
Upper Legs	\$30
Full Legs	\$40
Bikini Line	\$30
Bikini Hard Wax	\$35
Hard Wax Deep	\$45
Brazilian Wax	\$45
Brazilian Wax (CBD)	\$45

Service	Price
Hard Wax Brazilian	\$50
Stomach	\$25
Lower Back	\$20
Full Butts	\$20
Full Front	\$40
Feet Wax	\$12
Fingers Wax	\$12
Nostrils	\$12
Full Body Wax	\$150
Full Face Threading	\$35
Full Face with Neck	\$40

FREQUENTLY ASKED QUESTIONS



Does waxing hurt?

You may feel a **brief sting or tug** during hair removal, but proper technique and wax selection **keep discomfort minimal** for most clients. Any redness afterward **typically fades quickly**.

How often should I get body waxing?

Typically every **3–5 weeks** for most areas, depending on your **individual hair growth cycle**.

What aftercare is needed?

Keep the area clean, avoid tight clothing, begin gentle exfoliation after a couple of days, and **avoid heavy sun exposure or intense workouts** immediately afterward.

Can men get waxing too?

Absolutely — we provide waxing for men including the back, chest, and arms, handled with the same attention to comfort and privacy as any other appointment.

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

A **bikini wax** removes hair **just beyond your underwear line**; a **Brazilian** removes **essentially all hair** from the area. See Section 3 for the full breakdown of the options in between.

Do you accept walk-ins?

Walk-ins are welcome when availability allows, though **booking ahead is recommended** to guarantee your preferred time.



VISIT US

Ready to book? **Schedule online** or **give us a call — walk-ins welcome** when we have availability.

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

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