

# **PLEASE READ THIS GUIDE THOROUGHLY BEFORE YOU ATTEMPT TO SUGER AT HOME**

## **GETTING SASSY SUGARING PASTE READY TO USE**

Sassy Sugaring paste should be softened before use but not made too runny. The right consistency is achieved by warming the paste **BUT EXTREME CARE MUST BE USED SO THE PASTE DOES NOT GET TOO HOT OR IT WILL BURN THE SKIN. WARMING THE PASTE SHOULD BE CARRIED OUT WITHOUT THE LID ON.** The paste should be stirred with a spatula - **NEVER** put your fingers into the paste until you are sure it is the right temperature. If you get the paste too warm it is not a problem simply let it cool down and it will thicken again.

If you intend hand sugaring the paste needs to be thicker than if you are using paper or cloth strips. Hand sugaring and strip sugaring are equally successful and much comes down to personal preference although strip sugaring is probably easier as you are developing the right technique. The ideal temperature of Sassy Sugaring paste for strip sugaring is 46°C to 48°C **BUT NO HOTTER**, the quickest and easiest way to ensure the paste is at correct temperature is to use a digital thermometer. If you do not have a thermometer and you warm the paste slowly using any of the methods which are described here simply by checking it regularly through the heating process, the right temperature and consistency can be judged after a little practice.

## **METHODS OF WARMING SUGAR PASTE**

**WAX HEATERS....** are especially designed for the job and thermostatically controlled so you can get the temperature of the sugar paste spot on.

**MICROWAVE....** are another great way of getting your sugar paste the right consistency but you have to be careful not to get too hot, remember stir it with a spatula and **NEVER PUT YOUR FINGERS IN IT UNTIL YOU ARE SURE IT'S NOT TOO HOT. SUGAR PASTE THAT IS TOO HOT WILL SCOLD YOU IN AN INSTANT.** The way to use a microwave is in 10 second bursts checking the paste carefully between bursts and always remember that 10 seconds in a microwave after it is the right temperature will make it far too hot - **SO PLEASE BE CAREFUL.**

**A BOWL OF HOT WATER....** can also be used, but make sure water does not flood into the pot (obvious I know are worth saying). This is not the best method as it takes about 30 minutes and the water goes cold so has to be replaced with more hot water. But you can get there in the end and the temperature rises slowly so it is easily controllable.

Other methods include a sunny window ledge or central heating radiator but how ever you heat the paste remember to take the lid off - otherwise it could blow up and then you will end up sugaring the ceiling.

## **PREPARING YOUR SKIN BEFORE SUGARING**

Taking the time to prepare your skin properly before you start sugaring is very important. Do not use lotion, serum or oils on your skin in the 24 hours prior to sugaring. You can shower or bath but do not use water that is too hot and do not sunbathe and any shaved areas should not be sugared until they have settled and the hair has re-grown to an appropriate length.

Your skin produces natural oils and greasers and these need to be removed immediately prior to sugaring. Our pre-sugaring cleanser is ideal for this, it needs to be applied and then wiped away with either a clean dry muslin cloth, flannel or make up removal pad.

It is important that no moisture is on your skin or the hair which is to be removed. Applying a light dusting of talcum powder is absolutely essential before the sugaring paste is applied as it forms a barrier between the skin and paste. Smooth the talcum powder over the skin with your hand to remove any excess, it is important to have enough but not too much talcum powder on the skin so a little trial and error may be needed.

The hair you want to remove should not be any longer than about 8mm and sugar paste of the right consistency will remove even short hair.

Underarm and bikini area hair it should be trimmed either using safety scissors (scissors with a rounded end) or electric trimmer with a guard that can be set to the appropriate hair length.

Sugar paste is water-soluble so cleaning up of the skin and utensils is very easy using warm water. Sugar paste washes out of clothing but clothing in the area which is being sugared should not be too close or tight as this prevents tensioning of the skin. Tensioning the skin is very important as this reduces and even eliminates any pain.

DO NOT sugar areas where moles are present or there is any soreness skin disorder or trauma such as cuts, sprains, swelling or fractures.

Sugaring is a very safe way to remove unwanted hair but as with everything in life common sense needs to be applied. If you have any specific questions we are always here to help, simply send us a message from the contact page on our website [sassysugaring.co.uk](http://sassysugaring.co.uk).

## DIFFERENT TECHNIQUES

The following assumes that the preparation of the skin has already been carried out in accordance with the instructions detailed under the preparation.

There are two different techniques that can be used for sugaring these are hand sugaring and strip sugaring.

**STRIP SUGARING...** is an easy technique to master if you are just a beginner and we would recommend that this is where you start. With strip sugaring you apply the sugar paste with a spatula which in reality is a big wooden lollipop stick. The sugar paste is then removed with cloth or paper strips.

**HAND SUGARING...** involves needing the sugar paste in your hand. Sugar paste is sensitive to temperature if the paste is very warm it is very sticky and then is too difficult to control, so it is important to get the temperature right.

**HOW TO STRIP SUGAR...** Using a spatula scoop out some sugar paste, the paste should be the consistency of thick treacle. **MAKE SURE THAT THE SUGAR PASTE IS NOT TOO HOT IT WILL BURN YOU IF IT IS.** The ideal temperature is 46°C to 48°C **BUT NO HOTTER** and this can easily be checked using a digital jam or cooking thermometer.

Make sure the paste is stirred and there are not hot and cold spots before you test the temperature. **SLOW AND SURE IS BETTER THAN QUICK AND BURNED.** Spread the paste against the direction of the hair growth and run the spatula over the same area two or three times to make sure that all the hair is encapsulated with the paste. Immediately apply the paper strip to the paste and rub it with your fingers two or three times in the direction you applied the paste.

When you apply the paste the strip of paste should be shorter than the paper removal strip you intend to use this means you can leave a free end at the opposite end to which you first applied the paste. In other words you will have the free end so the paper strip can be removed in the direction of the hair growth. Using your free hand stretch the skin around the area of the paste then take the loose end of the paper strip and very quickly peel it off.

The paper strip needs to be removed flat in the direction of the hair growth do not use an up-would pulling motion as this will pull the skin. The same removal strip can be used a number of times until it becomes clogged with paste then discard it and use the new strip. If any paste remains after the strip has been removed apply the strip again as paste on paste bond easily to each other and this should remove it.

If any paste does remain that cannot be removed with a paper strip simply use a make-up remover pad with water and the paste will dissolve. Then dry the area, reapply some talcum powder and start again. Unlike waxing, within the limits of common sense, the same area can be sugared a number of times. Any stray hairs that got away are best removed using tweezers.

**HOW TO HAND SUGAR....** Scoop up a small amount of sugar paste with your fingers, then knead it in a sideways motion across the tips of your fingers using your thumb. When you feel you have control of the paste apply it to the skin and spread it out in a strip against the direction of the hair growth, go over the area two or three times applying a little pressure so it encapsulates the hair. Your fingers need to end up at the opposite end of the strip from where you started to apply it. Then take hold of the end of the strip and using your free hand stretch the skin around the area of the paste, then flick the paste off in two or three movements.

You can continue using the same sugar paste until it becomes too soft or it is clogged with hair, when this happens discard the paste and then repeat the process using new paste until all the hair is removed. You will note that with the use the sugar paste becomes a lighter milky colour this is quite normal.

If you go to our website [sassysugaring.co.uk](http://sassysugaring.co.uk) you can see the video that I made in 1986 of Barbara, this is when she first explained the technique to me. As with so many things it is a question of practice makes perfect.

## **SUGARING FACE, NOSE, EYEBROW AND EAR HAIR**

Pull one side of your nose out of the way and using a very small spatula apply an equally small amount of sugar paste. Using a very small piece of strip immediately apply it to the paste and rub it into place and very quickly remove... at the same time shouting ouch. Removing nasal hair makes your eyes water a bit however you go about it. Applying pressure with your finger will relieve the discomfort but the area is very small and so obviously the discomfort limited. You may find tweezers are needed to finish the job off and remove the odd straggler. Adapt the same technique sugaring your ears.

When sugaring eyebrows use a finger and thumb of your free hand to pull the skintight between your eyebrows, spread the sugar paste using an appropriate size spatula, then immediately apply the strip rub it down two or three times with your finger and quickly remove. Use the same method to sugar your eyebrows but pre-cut the strip to the shape of the eyebrow.

To sugar your top lip use the same technique but put your tongue over your teeth to stretch the skin. Sugaring your chin is very straight forward using the techniques described throughout, as with all other areas any stubborn hairs are best removed with tweezers.

## **BIKINI AND UNDER ARMS**

When sugaring your bikini area tuck the bits you want to keep into your panties. Trim the remaining hair to about 8mm long and keep the area you are working on at any one time small. The most important thing is to remember to pull your skin tight. Again, the odd stray left behind is best removed with tweezers.

If you want to go further Brazilian removes all the hair apart from a strip on your pubis bone and the Hollywood removes all the hair. The sugaring technique is exactly the same as you use anywhere else, and again applying pressure immediately after the strip is removed will ease the sting. The procedure is the same removing underarm hair and remember to keep the skin stretched tight this cannot be emphasised enough. Do not apply deodorant or anything perfumed for 24 hours.

## **SUGARING YOUR BODY**

**ARMS, LEGS, CHEST AND TUMMY STRIP....** are all sugared using exactly the same techniques as already explained. You obviously can not sugar your own back so you will need to get assistance. Train your new assistant well and stress to them the most important thing is to keep the skin pulled tight when removing the strip.

When your sugaring is finished the skin should be wiped over with cool water and an after-care lotion can then be applied. If you are new to sugaring you may not achieve 100% perfect results after the first treatment. It can take 2 or 3 treatments to obtain the flawless look sugaring will ultimately provide.

For 24 hours your skin may be red and itchy this is quite normal. Resist the temptation to scratch the itch and instead apply a little more after care lotion. Do not take overly hot baths or showers for 48 hours and definitely no sunbathing, sauna or steam rooms. If you are planning to go on holiday do not have your first sugaring treatment the day before and then bake in the sun for two weeks. It is far better to have your first ever sugaring treatment 3 to 4 weeks before your holiday and then have a top up treatment a few days before you go.

## **AFTER SUGARING CARE AND GENERAL ADVICE**

Everyone is different and although sugaring is probably the safest method of hair removal as with everything else a common sense approach should be adopted. Following the guidance here should ensure a trouble-free treatment irrespective of whether you are sugaring yourself or visiting our Sugaring Studio.

If you are new to hair removal remember they have been there since puberty and some are more stubborn than others. Very occasionally pinprick size amounts of blood can be seen on the skin surface, this is normal and nothing to worry about. No matter how careful you are or any therapist is there may be a very small amount of hair breakage and that can result in some ingrowing hairs, this can be particularly so on the bikini line. Most ingrowing hairs can be easily seen and released using exfoliator mitt and moisturiser to soften the skin. Any more troublesome ones that cause a red spot can be treated by using a magnesium sulphate paste which will help draw the hair out. Do not be tempted to squeeze. Although the above may sound alarming in reality very few problems are experienced and with successive sugaring treatments the hair grows finer and much easier to remove.

Using an exfoliator mitt or exfoliating body scrub also helps with the problem of ingrowing hairs and generally keeps your skin healthy. If you have sugared your underarm area do not use deodorant for 24 hours.

When sugaring you might shout ouch a few times, but for a Venus smooth body it will all be worth it in the end.

**AND THE FINAL TIP... NOW YOU HAVE STARTED A JOURNEY TO SILKY SMOOTH HAIRLESS SKIN DO NOT BE TEMPTED TO SHAVE OR USE ANY OTHER HAIR REMOVAL METHOD BETWEEN TREATMENTS.**