

### Helpful Hints

- If you have sensitive skin, rub an ice cube over the area first to numb it a bit.
- Always apply wax in direction of hair growth. Remove in opposite direction.
- To calm skin after waxing, immediately apply pressure to epilated area with cushion of your fingers or palm of your hand.
- Avoid waxing just before or during the first days of your menstrual cycle as skin is more sensitive at this time.
- Trim hair to ¼ inch long before waxing.
- Protect floor and countertop surfaces with a towel.
- To remove extra wax from skin or countertops, soak a cotton ball in baby oil and gently wipe area.

### WARNING

- Never re-apply wax to newly epilated areas.
- Do not use on irritated, cut or broken skin.
- Do not use inside nose and ears, or on nipples, eyelashes, warts, moles and internal genital area.
- Do not use if you have varicose veins, diabetes, phlebitis, chapped sore or sunburned skin, recent scar tissue, eczema or any skin disorder.
- Do not use if you are using Retin-A, Accutane, Glycolic Acid, and Alpha Hydroxy treatments.
- Do not use soaps, astringents or alcohol based products for 2 hours after application.
- Avoid the sun, tanning and hot water for 8 hours before and after any hair removal treatment.
- Do not wax more than once every 10 days.
- Do not rub or scratch area after waxing to avoid irritation.

### CAUTION

- Do not overheat wax as it needs to cool down before application.
- Do not heat over open flame or stovetop. Product is for microwave heating only.
- NEVER LEAVE JAR IN MICROWAVE UNATTENDED. Overheating the jar can result in severe burns or jar damage. If jar is uncomfortable to touch, the wax is too hot. Allow the wax to cool in the microwave before removing.

**WARNINGS: DO NOT OVERHEAT THE JAR. FOLLOW HEATING INSTRUCTIONS CAREFULLY. OVERHEATING MAY RESULT IN MELTING OF THE JAR CAUSING SEVERE BURNS AND DAMAGE**

**FLAMMABLE. KEEP AWAY FROM HEAT AND FLAME**

**KEEP OUT OF REACH OF CHILDREN**

**FOR EXTERNAL USE ONLY**



# surgi care®

*soothing hair removal*

## brazilian & body wax kit

Easy 3-Step System

1. Cleanse
2. Remove
3. Soothe

Infused with Jojoba,  
Shea Butter & Arnica

For more helpful application instructions and video, please visit our website at:

[www.surgicare123.com](http://www.surgicare123.com)

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FOR BEST RESULTS: Please read this entire booklet carefully before beginning your treatment.

## instruction booklet

# SurgiCare® Brazilian & Body Wax Kit

## Important: New Users, Please Test First

Before using SurgiCare Brazilian & Body Wax, please perform a small patch test at least 24 hours before actual use to check for sensitivity. It is also best to treat a small area first until you have perfected the technique.

After performing your test, apply SurgiSoothe™ Replenish Lotion. If redness or irritation develops within 24 hours, discontinue use. You may be sensitive to one or both products and should not use them. If no irritation appears, you may proceed with use.

## WARMING WAX:

1. Remove jar from box.
2. Remove lid and liner. Do not melt contents with lid closed.
3. Place open container on microwave safe dish and set timer for 30 seconds. Warm the wax in microwave for 30 seconds.
4. Stir product with spatula to test for softness and proper consistency. If more melting is required, reheat in 15-second increments up to one minute. (NOTE: Microwaves and heating times vary so 15-second increments are suggested for heating.)
5. Wax is ready when consistency is thick and creamy. Remember to stir with spatula after each 15-second increment.
6. If wax is thin and runny, the product is too hot to use. Wax should be a thick, creamy texture when it reaches the correct temperature for use.
7. Test wax temperature by applying with spatula to the underside of wrist or forearm.

NOTE: Reduce heating time when jar is not full. See chart below. Wax is ready when consistency is thick and creamy.

Approximate Heating Time	
Full Jar	60 seconds MAX
¾ Full Jar	45 seconds
½ Full Jar	30 seconds
¼ Full Jar	15 seconds

## INSTRUCTIONS

### 1. CLEANSE

Use the specially formulated Cleanse & Prep Gel to clean skin. Pat skin dry. Trim hair to ¼ inch using enclosed scissors.

### Arms

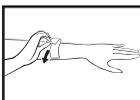
#### 2. REMOVE

Arm hair usually grows laterally. Dip spatula into the center of the jar and scoop up wax, wiping off one side of the spatula on the lip of the jar. Apply to desired area in the same direction of hair growth.

Wax should be about 1/8 inch thick. If wax is too thin, wait a moment and apply a little more wax to the same area. For easier removal, leave a slightly thicker edge to lift up.

Gently smooth wax with fingertips while wax is still soft. Work in direction wax was applied. Leave wax on 15 to 30 seconds until wax hardens slightly.

Hold skin taut with one hand. With fingertip of other free hand, lift the thicker end of hardened wax. Grip firmly and with one quick, gentle motion, remove wax in the in the opposite direction from which wax was applied. Do not pull wax straight up.



Use SurgiSoothe™ Replenish Lotion to remove any remaining wax.

### 3. SOOTHE

Apply calming SurgiSoothe Replenish Lotion to newly waxed areas. It will restore skin's normal pH balance and help retain skin's natural moisture.

### Underarms

(Step #1 Cleanse and Step #3 Soothe are same as above.)

#### 2. REMOVE

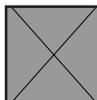
Place hand behind your head, stretch skin and apply as illustrated. Hair should be ¼ inch long.

Dip Spatula into the center of the jar and scoop up wax, wiping off one side of the spatula on the lip of the jar. Apply to desired area in the same direction of hair growth.

Wax should be about 1/8 inch thick. If wax is too thin, wait a moment and apply a little more wax to the same area. For easier removal, leave a slightly thicker edge to lift up.

Gently smooth wax with fingertips while wax is still soft. Work in direction wax was applied. Leave wax on 15 to 30 seconds until wax hardens slightly.

Hold skin taut with one hand. With fingertip of other free hand, lift thicker end of hardened wax. Grip firmly and with one quick, gentle motion, remove wax in the in the opposite direction from which wax was applied. Do not pull wax straight up.



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### Legs

(Step #1 Cleanse and Step #3 Soothe are same as above.)

#### 2. REMOVE

Dip spatula into the center of the jar and scoop up wax, wiping off one side of the spatula on the lip of the jar. While standing or sitting in a semi-reclined position, apply to desired area in the same direction of hair growth.

Wax should be about 1/8 inch thick, leaving it thicker on one end. If wax is too thin, wait a moment and apply a little more wax to the same area.

Gently smooth wax with fingertips while wax is still soft. Work in direction wax was applied. Leave wax on 15 to 30 seconds until wax hardens slightly.

Hold skin taut with one hand. With fingertip of other free hand, lift thicker end of hardened wax. Grip firmly and with one quick, gentle motion, remove wax in the in the opposite direction from which wax was applied. Do not pull wax straight up.



Use SurgiSoothe™ Replenish Lotion to remove any remaining wax.

### Bikini Line

(Step #1 Cleanse and Step #3 Soothe are same as above.)

#### 2. REMOVE

Sit on the floor with one leg straight out and draw the other heel up to about your knee and let your leg fall to the side. This should be a comfortable position. The point is to be able to access the inside of your thigh.

Dip spatula into the center of the jar and scoop up wax, wiping off one side of the spatula on the lip of the jar. Apply to desired area in the same direction of hair growth.

Wax should be about 1/8 inch thick. If wax is too thin, wait a moment and apply a little more wax to the same area. For easier removal, leave a slightly thicker edge to lift up.

Gently smooth wax with fingertips while wax is still soft. Work in direction wax was applied. Leave wax on 15 to 30 seconds until wax hardens slightly.

Hold skin taut with one hand. With fingertip of other free hand, lift thicker end of hardened wax. Grip firmly and with one quick, gentle motion, remove wax in the in the opposite direction from which wax was applied. Do not pull wax straight up.



Use SurgiSoothe Replenish Lotion to remove any remaining wax.

### Full Brazilian

(Step #1 Cleanse and Step #3 Soothe are same as above.)

#### 2. REMOVE

When you are ready to proceed to a full brazilian, sit on the floor with one leg straight out and draw the other heel up to about your knee and let your leg fall to the side. This should be a comfortable position. The point is to be able to access the inside of your thigh.

Again, scoop up wax and apply in the same direction of hair growth. This will vary person to person.

Gently smooth wax with fingertips while wax is still soft. Work in direction wax was applied. Leave wax on 15 to 30 seconds until wax hardens slightly.

Hold skin taut with one hand. With fingertip of other free hand, lift thicker end of hardened wax. Grip firmly and with one quick, gentle motion, remove wax in the the opposite direction from which wax was applied. Do not pull wax straight up.

Switch legs and do the other side.



Next you will start at the top of the bikini line and below your naval. Before starting, decide how low you want to wax. Work in small patches whether it is a landing strip or triangle. To ensure a perfectly straight line, some people prefer to put on a pair of panties ( a pair you won't mind if a little wax gets on them) or disposable panties that can be purchased in any beauty supply store.

Sitting on the floor, spread legs with knees bent. Place a folding mirror in front of you so you can easily see the area to be waxed.

Apply wax in a small strip in the same direction as hair growth along the bikini line working inward up to the edge of the labia majora. Pull skin slightly to the side to get the edge.

Gently smooth wax with fingertips while wax is still soft. Work in direction wax was applied. Leave wax on 15 to 30 seconds until wax hardens slightly.

Hold skin taut with one hand. With fingertip of other free hand, lift thicker end of hardened wax. Grip firmly and with one quick, gentle motion, remove wax in the opposite direction from which wax was applied. Do not pull wax straight up.

Repeat on the other side.

This is the most difficult part. Once completed, the rest is easy.

Stand and lift leg onto a higher point such as the side of the tub, toilet or a vanity stool. Holding a hand mirror in one hand, scoop wax onto spatula and apply to the perineum, the area between the vaginal opening and the anus.

As before, do this in small strips first on one side, then the other.

Gently smooth wax with fingertips while wax is still soft. Work in direction wax was applied. Leave wax on 15 to 30 seconds until wax hardens slightly.

Hold skin taut with one hand. With fingertip of other free hand, lift thicker end of hardened wax. Grip firmly and with one quick, gentle motion, remove wax in the opposite direction from which wax was applied. Do not pull wax straight up.

Use a pair of tweezers to remove any stray hairs and you are finished. Your skin will calm down in an hour or so. With continued Brazilian wax treatments, your hair will grow in at a slower rate and is typically softer and sparser.