



This Sugaring Bundle was designed to give you the best of two worlds and to prolong your smooth sugaring hair removal results. After all, exfoliation is the key to sugaring! Exfoliation, as part of your after sugaring care will ensure that your results are smoother and will last longer. Exfoliation also helps tremendously to prevent any ingrown hairs!

Each order of this listing provides you with 8 oz. of my organic sugaring paste for thicker hair or sugaring wax for thinner hair.

You also get:

- 8 ounce size Natural Sugar Scrub – your personal selection (Great anytime or for post sugar exfoliation after 48 hours, every 2-3 days)
- 30 ml sample of my Pure Aloe - for soothing, moisturizing post sugaring care
- A pouch of Pure Corn Starch – Apply before Sugaring to clean, dry skin
- Instruction cards
- Sugaring applicator

I pair the sugaring hair removal with botanical skincare products. Why? It's important to keep your skin exfoliated before and after you begin your at home sugaring treatment. This will assure only your unwanted hairs are removed. If you keep your skin exfoliated and as fresh as possible, your sugaring treatments will get the best results. Sugaring by itself works great for natural exfoliation. Yet, you do not want to clog the sugar with dead skin cells. Your sugar will last longer during use.

The sugar scrubs listed on my shop work in tandem with sugaring for hair removal. They are perfect for routine exfoliation in your skincare regimen. Whether you are sugaring at home for the first time or maintaining your after care, your skin will be ready to go. Exfoliation plays a key role in your success to longer lasting, smoother skin after a sugaring session and before! You made a great choice!



ANCIENT ORGANIC SUGAR PASTE TECHNIQUE

The room temperature method is called body sugaring or sugaring paste. You can Sugar using your fingers or applicator provided. Allow to sit at room temperature 60-70° for 24 hours before you begin. Transit may have fluctuating temperatures causing the sugar to be too warm when it first arrives.

Then follow these instructions:

#1: Exfoliate: Gently exfoliate with a non-oily exfoliator before sugaring for best results.

#2: Clean/dry skin: Shower with non-oily wash, dry completely. The skin should be cool. Get a fan; be in a room with low humidity. 60-70° temperature is ideal.

#3: Consistency: When you touch the paste, your fingerprint should show up only. The paste should not try to stick to your finger. If paste tries to come with your finger, it is too warm and needs to be cooled to room temperature; 10 min. increments in the fridge are ok. Be Careful! Sugar Paste is temperature sensitive! Do not leave in the fridge too long.

#4: Lightly dust area to be sugared with cornstarch provided or baby powder.

#5: Remove: a chunk of the paste about the size of a golf ball with the fingers or applicator (smaller for smaller areas). Knead a few times to be able to mold it easily. Simply tap, tap, and tap into a ball shape.

#6: Very Important: Apply the paste AGAINST the hair growth (OPPOSITE DIRECTION).

- NOT with the hair growth, like you do for waxing.

For example, start at the ankle and spread towards the knee. At the top, use your applicator or thumb/finger in a motion leaving you a "lip" to grab hold of. You do not want to spread too thin...keep it thick.

Repeat this upwards spreading action 2-3 more times to ensure the hairs are trapped in the sugar. Use the applicator or take hold at the "lip" and pull downwards very fast. Never lift up into the air. Try to stay as close to the area sugared as possible. Parallel is key here. Speed is crucial. Do not go too slow. Count 1-2-3 with each spread, and then Flick off in the same direction of hair growth.

#7: Repeat until all the hairs are removed. Be very careful not to add too much water. The same ball can be used for a large area before eventually discarding it. Once the sugar becomes opaque / unusable, (you will notice a distinct "peanut butter" appearance) throw it away & get a new ball. Rinse off with warm water.

Tips and Advice:

♥ If Sugar gets stuck, sprinkle with corn starch/powder and go over the area with a fresh ball in a diagonal direction and remove with the flicking motion.

♥ Corn starch/powder is your friend used in moderation, your enemy if you use too much.

♥ Same goes for humidity/temperature: If you are in a humid room (i.e. Bathroom or kitchen), you will want to get a fanblowing on you and be near an A/C unit.

♥ Don't get frustrated the first time...this technique takes PRACTICE. If you get frustrated, your body temperature rises...which makes sugaring near impossible. KEEP COOL, CALM, AND SUGAR!

For further instructions, refer to the website tutorials at www.jbhomemade.com. Remember I am here to help in any way I can. Reach out to me on Etsy, email, Facebook, Pinterest, or Instagram!

www.JBHomemadeShop.Etsy.com ©JBHomemade.com 2014

For first time users and those who are unsure of the pain level, here are a few tips:

PRE SUGARING ADVICE

- Do not to use creams, moisturizers, fake tan or oil on the skin before a treatment as these can form a barrier, which prevents the gel or paste from giving maximum results.
- Do not to use sun beds prior to a treatment or treatment with sunburnt skin.
- If your hair is longer than ¼", trim it!
- After sugaring, the process may be repeated after 8–10 days of hair growth.

POST SUGARING ADVICE

- Keep skin cool & avoid tight fitting clothes: may irritate the skin & cause ingrown hairs.
- Avoid moisturizing creams, perfumed bar soaps and deodorants on the treated areas for 24 hours as they may leave a film on the skin that may cause ingrown hairs.
- Avoid any heat or friction to the skin.
- Do not sunbathe as prolonged exposure to the sun may cause skin irritation.
- Avoid hot baths or showers for 24 hours. Extreme temperatures can cause irritation.
- Avoid sexual activity for 10 hours after a Brazilian. While your pores are still open, they are vulnerable to irritation and bacteria.

- Avoid solariums, saunas, steam rooms, whirlpools and other heated sources/ chlorinated water for at least 48 hours.
- Try not to exercise or participate in activities that may cause you sweat for 24 hours.
- Wash the treated area with an anti- Bacterial wash such as a Tea Tree body wash with mild PH, it helps soothe and calm the skin after hair removal.
- Moisturize with a lotion containing tea tree, aloe Vera or lavender after every shower, this has a soothing, antibacterial effect. Use the Aloe provided.
- Avoid shaving & depilatory creams between treatments as it causes the hair to become thicker and more stubborn.
- Do not use exfoliating products (AHAs, scrubs, etc.) and loofahs for at least 24 hours as they may irritate the skin.
- It is important, however, to exfoliate once or twice a week after this time, as this helps with the prevention of ingrown hairs & prepares your skin for your next treatment.
- If Sugar gets stuck, sprinkle with corn starch and go over the area with a fresh ball in diagonal direction and remove.



*JBHomemade
Sugaring &
Skin Care*

JBHomemade's Raw, Cane, and Brown sugar scrubs for after sugaring skin care or anytime you desire to feel soft, silky and sexy! All my scrubs are made from all natural, pure and organic ingredients. The strength of the scrub varies by which sugar is used. Scrubs treat blemishes, acne, and other skin problems. They

soften dead skin cells leaving the skin feeling soft and smooth upon regular use and aid in delaying visible signs of aging like fine lines and appearance of wrinkles, and relieving itchy skin.

Instructions: (Cleanse skin before using.)

- While skin is still wet, use fingers to massage in a circular motion a small amount of the scrub into skin. Add more as you move to other areas of the body. Rinse off the scrub under warm running water. Concentrate on rough patches of skin, like elbows, knees, & feet. Avoid broken skin.

- Try to always rub towards your heart – start at your feet and work up your legs. Start at your hands and work up your arms, etc.
- Rinse off very well with warm water, and then pat dry.

By regularly exfoliating your skin with a sugar scrub, it becomes healthier in appearance and function. After dead skins have been exfoliated, your body's largest organ works more efficiently to expel toxins and take in nourishment. Skin becomes more uniform in appearance, is softer to touch, and has a radiant glow. Sugar scrubs are also gentler, less dehydrating than salt scrubs and be used by all skin types.

The natural glycolic acid in sugar not only helps condition and moisturize skin, but also protects it from toxins. This scrub is safe to use on your face, but be gentle! Most importantly, all this with simple natural ingredients; no unnatural or harmful chemicals.

**store in Refrigerator for up to 12 months thanks to the natural preservative, Vitamin E.

**Do not store in shower – water is a contaminate to your sugar scrub.

©JBHomemade.com 2014 – www.jbhomemade.com