

## WARNINGS

- **DO NOT USE POETIC WAXING® KIT IF YOU ARE USING (OR HAVE USED) RETIN-A OR ACCUTANE, OR IF YOU HAVE HAD LASER SURGERY FOR THE SKIN. PLEASE CONSULT YOUR PHYSICIAN.**
- **DO NOT WAX OVER SUNBURNED SKIN, MOLES, CUTS, ABRASIONS, VARICOSE VEINS OR NEW SCARS.**
- **DO NOT WAX HEAD HAIR OR MEN'S FACIAL HAIR (THAT'S BEARDS AND MOUSTACHES, GENTLEMEN).**
- **DO NOT HEAT ON STOVETOP. CUPS FOR USE IN MICROWAVE OVENS ONLY.**
- **DO NOT LET WAX COME IN CONTACT WITH OPEN FLAMES. HOT WAX IS EXTREMELY FLAMMABLE.**
- **DO NOT OVERHEAT, OR ALLOW WAX TO BOIL. OVERHEATED OR BOILED WAX CAN CAUSE SEVERE BURNS. ALWAYS TEMPERATURE TEST WAX ON INSIDE OF WRIST PRIOR TO USE.**
- **DO NOT LIFT HEATED CUP BY SIDES. ALWAYS USE THE HANDLE. MAKE SURE CUP IS STABLE WHEN WAXING.**
- **STIR CAREFULLY USING SPATULA TO AVOID TIPPING CUP.**
- **DO NOT USE CUP FOR DRINKING. DISCARD WHEN EMPTY.**
- **KEEP OUT OF REACH OF CHILDREN. FOR EXTERNAL USE ONLY. IN CASE OF INJURY, CALL A PHYSICIAN IMMEDIATELY.**



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# bliss®

## poetic waxing® AT-HOME HAIR REMOVAL KIT

A beginner's guide to the best waxing tactics

### IMPORTANT

For your safety (and sanity), please read the enclosed Bliss Poetic Waxing® booklet in its entirety, including the warnings, before you begin. Use our wax on a stable and easy-to-clean countertop. This reduces the risk of wax burns and messy spills. We do not recommend that you use this kit on carpeting or furniture.

**CUP IS FOR MICROWAVE USE ONLY.**

### instructions for use



1

Place the Bliss POETIC WAXING® cup in a microwave oven and heat in 30-second intervals, **until the wax is the consistency of thick honey.** A full cup usually takes up to five to six 30-second intervals to melt the wax to the desired consistency. Actual heat times may vary depending on your microwave and the amount of wax in the cup. If wax is too thin, allow to cool and thicken in the microwave before removing.

→ NOTE: To ensure even heating and optimal performance of wax, stir semi-melted wax between each 30-second microwave interval.

→ If the wax gets too cool during waxing, simply re-heat cup for 30-second intervals until ready. If wax is too thin, allow to cool and thicken in the microwave before removing.

→ **The cup may be warm to the touch so always remove from the microwave by using the handle. HOT WAX CAN BURN.**

→ **DO NOT** heat cup on the stovetop, in a conventional oven, or any other manner besides as instructed.



2

Before you begin, use a spatula to test the wax temperature on the inside of your wrist. Wax should be spreading consistency but not be uncomfortably hot.



3

Cleanse the area to be waxed with lukewarm water or a damp towel and blot area dry. Then massage a few drops of Pre- & Post-Waxing Oil into the skin. Blot away any excess oil, as it may keep the wax from gripping.

4

Dip a spatula in the wax, and twirl to avoid dripping.



5

Apply the wax **AGAINST** the direction of hair growth for short hair (bikini, lip, chin, cheeks and eyebrows), or **WITH** the direction of growth for longer hair (legs, arms and underarms).

→ **BLISS TIP:** When you apply the wax, layers should be as thick as a banana peel (about 1/8"). Make sure to use some pressure when applying the wax, to form firm and full edges for easy peeling.



6

When the wax has dried enough so it is not tacky to the touch, it is time to remove (but don't wait too long - wax may crack). Press down on the entire patch to ensure a uniform removal, then hold the skin tight, grab an end, and remove the wax in a brisk fashion **against the direction of hair growth.**

→ **BLISS TIP:** After removing the wax, apply immediate pressure to the waxed area to dull any discomfort.



7

If you need to wax the same area more than once, reapply Pre- & Post- Waxing Oil as necessary.

8

Once you have finished, cleanse the area with lukewarm water or damp towel to help prevent ingrown hairs, and follow with Pre- & Post- Waxing Oil to soothe skin and remove any residue.

→ **BLISS TIP:** To further prevent ingrown hairs and bumps, we recommend a swipe of Bliss' **Bump Attendant™ Ingrown Eliminating Pads** the day after your waxing session.

### part-specific tips & techniques

(No matter the area you're waxing, refer to Instructions for Use.)

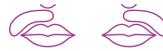
#### BIKINI LINE & BRAZILIAN WAXING

→ Bikini waxing is easiest when you sit on the floor or on the edge of a chair with knees slightly bent and legs turned outwards.

→ Protect your underwear from the wax by folding tissue or paper towels around the edges of the elastic.

→ Avoid waxing over curves or tendons. Instead, spread one patch of wax above the tendon line, and one below. Smaller, more controllable patches are key in this area.

→ **KEEP SKIN TAUT** when removing wax. Not doing so may result in bruising in this sensitive area.



#### UPPER LIP, CHIN & CHEEKS

→ Wax upper lip in three sections: left, right and center. Use a small spatula.

→ Facial hair sometimes grows in swirls, so big wax patches may be difficult to remove. Stick with small strips and patches.

→ Any residual hair still left after five passes is best tweezed.



#### EYEBROWS

→ Always use a small spatula for the eyebrow area, for more precise shaping.

→ Practice careful technique to make sure that you avoid dripping excess wax near your eye area.

→ Hold skin taut when removing wax, and pull off parallel to the skin.

→ NOTE: For the first wax application, we recommend applying underneath the eyebrows **IN THE DIRECTION** of hair growth. For subsequent applications, apply wax **against** hair growth for a better grip.

#### LEGS & ARMS

→ Start with small patches. As you gain confidence, you can apply even bigger patches.

→ Knee and elbow waxing is easier if you bend limbs one third of the way, to keep the skin taut.

→ Start at the bottom of the legs and work upwards. This technique will make it easier to pull from an end not attached to hair.

#### UNDERARMS

→ Wax in several sections, depending on the amount of hair to be removed and the direction of growth.

→ Applying against the hair growth may be necessary to completely pick up all of the hair.

### troubleshooting

#### THE WAX IS NOT STICKING TO MY SKIN.

- There's too much Pre- & Post-Waxing Oil on the area. Blot or massage well so the skin is only slightly shiny but not greasy.
- There is some residual deodorant or other skin product still on the skin. Cleanse with lukewarm water or a damp towel and reapply Oil.
- The skin was still damp from water when the Oil was applied. Make sure that skin is dry before applying the Pre- & Post-Waxing Oil.

#### THE WAX IS NOT PULLING UP ALL THE HAIR.

- You are not applying enough pressure with your spatula. Try reapplying with a bit more pressure so all the hairs are sufficiently shrink-wrapped by the wax.
- The wax was too cool when it was applied. The wax may need to be reheated.
- If the hairs are very short, you may need to wax in the direction opposite hair growth. When re-waxing the same area, don't forget to reapply the Oil.

#### THE WAX IS CRACKING OR COMING APART WHEN I TRY TO PEEL IT OFF.

- The wax was left on too long or applied too thinly. Apply another layer on top of the problem section, let it cool **ONLY** until it's not sticky, and then remove it all together.

#### OOPS, I ACCIDENTALLY GOT WAX ON AN AREA OF HAIR THAT I DIDN'T WANT TO REMOVE.

- Don't panic. Just wait for it to cool, and apply a few drops of Pre- & Post- Waxing Oil, and comb it out slowly with a fine-toothed comb.

#### THE WAX ACCIDENTALLY GOT ON MY TOWELS, CLOTHES, FURNITURE OR FLOOR.

In some cases, the hardened wax can be scraped off textiles or hard surfaces. If this doesn't work, try some wax solvent, which is available from a beauty supply store. When possible, we suggest using old clothes / towels and covering areas you don't want waxed during waxing sessions.