part-specific tips & techniques
(Make sure 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 TATF when removing wax. Not doing so may result in bruising in the 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 few 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 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 easiest 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 directions, depending on the amount of hair to be removed and the direction of growth.
• Avoid waxing in areas with many hard, sensitive, or sensitive spots.

troubleshooting

The wax is not sticking to my skin
• There is not enough Pre- & Post-Waxing Oil on the area.
• 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 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.

instructions for use
1. Place the Bliss POETIC WAXING® cup in a microwave oven and heat for 30 seconds 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 time 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.
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. But never 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).
6. The wax may be warm to the touch so always remove from the microwave by using the handle. Hot wax can burn.
7. Do not heat cup on the stovetop, in a conventional oven, or any other manner besides as instructed.
8. Once you have finished, cleanse the area with lukewarm water or damp towel help to prevent ingrown hairs, and follow with Pre- & Post-Waxing Oil to soothe the skin and remove any residue.
9. If you need to wax the same area more than once, reapply Pre- & Post-Waxing Oil as necessary.
10. If the wax gets too cold during waxing, simply reheat cup for 30-second intervals until ready. If wax is too thin, allow to cool and thicken in the microwave before removing.
11. The cup may be warm to the touch so always remove from the microwave by using the handle. Hot wax can burn.
12. Do not heat cup on the stovetop, in a conventional oven, or any other manner besides as instructed.
13. 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.

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.

BLISS TIP:
We recommend a swipe of Bliss’ Bump Attendant® Ingrown Eliminating Pads the day after your waxing session.