

WARNING

• HOT WAX CAN BURN.

- USE HANDLE WHEN REMOVING HEATED WAX FROM MICROWAVE.
- **DO NOT USE POETIC WAXING KIT IF YOU ARE USING, OR HAVE RECENTLY USED, RETIN-A OR ACCUTANE, OR IF YOU HAVE HAD LASER SURGERY. PLEASE CONSULT YOUR PHYSICIAN.**
 - **DO NOT WAX OVER SUNBURNED SKIN, MOLES, CUTS, ABRASIONS, VARICOSE VEINS AND NEW SCARS.**
 - **DO NOT WAX HEAD HAIR OR MEN'S FACIAL HAIR.**
 - **DO NOT HEAT ON STOVETOP. CUP IS FOR USE IN MICROWAVE OVENS ONLY.**
 - **DO NOT LET WAX COME INTO CONTACT WITH OPEN FLAMES.**
HOT WAX IS EXTREMELY FLAMMABLE.
 - **DO NOT OVERHEAT WAX, OR ALLOW WAX TO BOIL.**
OVERHEATED OR BOILED WAX CAN CAUSE SEVERE BURNS.
ALWAYS TEMPERATURE CHECK ON INSIDE OF WRIST PRIOR TO USE.
 - **DO NOT LIFT HEATED CUP BY SIDES. ALWAYS USE THE HANDLE.**
 - **MAKE SURE THE 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® STRAIGHT-FROM-THE-SPA HAIR REMOVAL KIT

a beginner's guide to the best waxing techniques

IMPORTANT

For your safety, please read the enclosed POETIC WAXING booklet in its entirety, including the warnings, before you begin.

Use wax on a stable and easy-to-cleanup countertop. This reduces the risk of burns and messy spills.

CUP IS FOR MICROWAVE USE ONLY.

instructions for use



- 1 Place the POETIC WAXING cup in a microwave and heat for 90-seconds. Stir, and follow with 30-second heating intervals, stirring between each, until the wax is the consistency of thick honey. A full cup of wax typically takes 3-5 minutes to melt to the desired consistency. Actual heat times may vary depending on your microwave and the amount of wax in the cup.



- 2 Before you begin, use the spatula to test the wax temperature on the inside of your wrist. Melted wax should spread easily, but should not be uncomfortably hot.



- 3 Cleanse the area to be waxed and blot dry. If you experience irritation or discomfort, we recommend massaging a few drops of a skin softening oil into the skin. Blot away any excess oil as it may keep wax from gripping.



- 4 Dip spatula in the wax and twirl to avoid dripping.

- 5 Apply the wax against the direction of the 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 When the wax has dried enough so that it is not tacky to the touch, it is time to remove it. Press down on the entire patch to ensure uniform removal, then hold the skin tight, grab an end, and quickly pull the wax against the direction of hair growth. After removing, apply immediate pressure to the waxed area to dull any discomfort.



- 7 Once you have finished, cleanse the area to help prevent ingrown hairs. We also recommend following with a skin softening oil to soothe skin and remove any residue.

waxing tips

- Wax should be applied as thick as a banana peel – about 1/8". Apply in small segments, and make sure to use some pressure to form firm and full edges for easy peeling.
- If wax gets too cool during waxing, simply re-heat cup in 30-second intervals until ready. If wax is too thin, allow to cool and thicken before removing.
- To further prevent ingrown and bumps, wait 24 hours and swipe a BLISS BUMP ATTENDANT INGROWN ELIMINATING PAD over waxed area.
 - To clean spatulas after use, place in the freezer then scrape off residual wax.

maximize your wax

- Place parchment paper under the mug to collect any spills. Once cool, slide any hardened wax back into mug to reheat and reuse.
- When wax is running low, place mug in freezer. Once cooled, tap the edges of the mug until the remaining wax falls to the bottom, then reheat and reuse.

part-specific tips & techniques

BIKINI LINE & BRAZILIAN WAXING

- Waxing the bikini area is easiest when you sit on the floor, or on the edge of a chair, with knees slightly bent and legs turned outward.
- Avoid waxing over curves. If waxing outside of the bikini area, spread one section of wax above the bikini line and one below. Smaller, more controllable sections are key in this area.
- Keep skin taut when removing wax to help avoid bruising in this sensitive area.



UPPER LIP, CHIN & CHEEKS

- Wax upper lip in three sections: right, left and center.
- Facial hair sometimes grows in swirls, so larger sections may be difficult to remove. Stick with small strips and sections.
- Any residual hair left after five passes is best tweezed.



EYEBROWS

- Always use a small spatula for the eyebrow area for more precise shaping.
- Use extreme care to avoid dripping excess wax near the eye area.
- Keep skin taut when removing wax and pull off parallel to the skin. NOTE: For the first wax application, apply wax underneath the brows in the direction of hair growth. For subsequent applications, apply wax against hair growth for a better grip.

LEGS & ARMS

- Start with small sections. As you gain confidence, apply to bigger sections.
- Knee and elbow waxing is easier if you bend limbs one third of the way to keep 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 hair growth may be necessary to completely pick up all the hair.

troubleshooting

THE WAX IS NOT STICKING TO MY SKIN.

Is the skin damp, or is there too much oil on the area? If so, blot area dry, or massage oil into the skin so that it is slightly shiny, but not greasy.

THE WAX IS NOT PULLING ALL THE HAIR.

Try applying more pressure with your spatula so all hairs are sufficiently shrink-wrapped by the wax. Was the wax too cold when it was applied?

The wax may need to be reheated. Are the hairs very short? You may need to wax in the direction opposite of hair growth.

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

It's possible the wax was left on too long, or applied too thinly. Try applying another layer on top of the problem section, let it cool only until it's not sticky, then remove it all together.

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

Wait for it to cool, and apply a skin softening oil to the area and comb it out slowly with a fine-toothed comb.

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

Let the wax completely dry. Scrape off as much of the wax as you can. If it's a smaller item, place in the freezer to harden the wax. Allow the wax to cool completely, then scrape off.