

PREP YOUR SELF FOR SUMMER
Get Ready to Bare All from Head-to-Toe

Summer is the season to bare all – and after many long months of thick clothes, closed-toe shoes, and chapped skin, we might need a little grooming before we reveal ourselves to the sun. Mario Tricoci Hair Salons & Day Spas is prepared to help with a guide to good summertime grooming.

	Waxing	Peds
Frequency	Approximately 3-4 weeks, or as soon as you have a quarter-inch of hair growth.	Plan a pedicure every 2-3 weeks during summer.
Before	<ul style="list-style-type: none"> Exfoliate with a loofah or scrub 2-3 times per week to thwart ingrown hairs. Take an aspirin or antacid 30 minutes before your session to help ease pain during and after a wax. 	<ul style="list-style-type: none"> Bring a pair of thong sandals as well as your favorite shade of polish. Kick back, relax, and enjoy!
During	<ul style="list-style-type: none"> Expect a bikini panty, draped towel or sheet during your treatment. Remember, your technician is a pro and has seen it all before. The technician should apply a hydrating treatment to the skin to prevent lifting of the skin and minimize pain. Do you know your wax? The new Smooth Satin wax at Mario Tricoci contains zinc oxide, which creates a buffer for the skin and reduces pulling, redness, and pain. Give body and brain a little distance by picturing yourself relaxing on the beach. 	<ul style="list-style-type: none"> Expect a thorough consultation from your nail technician. This will enable her to give you the best pedicure based on the condition of your feet. Be sure to disclose if you're diabetic, because with poor circulation, your tech may not want to trim your cuticles. Your nail tech will go through several steps to treat your feet – a soak to soften and cleanse, a good exfoliation, a two-file system to smooth and refine, a moisturizing foot and calf massage, and finally, adding that summery pop of color.
After	<ul style="list-style-type: none"> Wait two days, then exfoliate. Go against the direction of hair growth to prevent ingrown hairs in between appointments. Use a scrub with salicylic acid or other active ingredients to keep follicles healthy and prevent buildup or infection. Tricoci's E Solutions Razor Relief conditions and exfoliates. Avoid sun exposure, hot tubs, and tight clothing for 24-48 hours after a wax. They can increase the risk for ingrown hairs. 	<ul style="list-style-type: none"> Use products at home that moisturize and exfoliate to keep that soft feeling you get right after a pedicure. Products with glycolic acid soften build-up and battle any rough patches. Try an antifungal foot mousse to keep your feet healthy and germ-free when out and about in open-toed shoes. For dry cuticles, use a conditioning cuticle oil before bed to keep them healthy.
Tips for First-Timers	<ul style="list-style-type: none"> Seek out the best technician for the specific area you're getting waxed. Bikini line to back – there may be different specialists available to you. Request a bikini panty during a bikini or Brazilian wax so you can remain modest and comfortable during your treatment. Know what you want going in –consider what you would like to see (or not see) before your appointment. 	<ul style="list-style-type: none"> If you pick a color from the spa, plan to buy that hue and a good sheer top coat to do touch-ups at home – feet are exposed to lots of elements during the summer, which can dull the slick shine you love. Really ticklish? Some of the exfoliating or filing might make you giggle a little, but it's nothing the experienced professionals haven't heard before.

Mario Tricoci source: Elaine Sauer, Corporate Spa Director

For more information on this topic or to get in touch with a Mario Tricoci expert, contact Stephanie Lewis at slewis@cushmanamberg.com or 312-263-2500.