

## SIMPLY CHIC | Fresh &amp; Fun Style Advice

## New Jersey Ban on Bikini Waxes Has Salon Industry Buzzing

Salon experts offer safety tips for waxing down there

Posted by [Kristin Larson](#) on Friday, April 17, 2009 6:07 PM



If you're in the Garden State and want a Brazilian bikini wax—where everything is removed but a "landing strip" — you may as well let your hedge grow.

At least for now.

A proposed ban in New Jersey on Brazilian bikini waxes is leaving women looking to wax down there on their own—and has salons across the country buzzing.

"Bikini waxing—not just Brazilian—is technically illegal right now in New Jersey," says Rosemary Weiner, chairman of the NJ-based Association of Salon & Spa Professionals and chairman of the nationwide Day Spa Association Advisory Board. "This is horrendous to salon and spa owners. Especially now—it's the season when Brazilian and bikini waxes are most popular. It's a huge income loss."

Bikini waxing has not been permitted in New Jersey for years, [a fact that came to light when a salon was cited for performing Brazilian waxing](#). The NJ Board of Cosmetology is currently revisiting the regulations.

Anyone who's gotten a bikini wax (nevermind Brazilian—ouch!) knows the procedure can be painful and leave unsightly ingrown hairs and rashes.

Still, Shobha Tummala, founder and CEO of the New York City-based Shobha salons ([www.shobhathreading.com](http://www.shobhathreading.com)), says the New Jersey ban is giving bikini waxes a bad rap.

"We provide our clients with a list of precautions prior to receiving any treatments. In fact, we inform people that waxing can cause minor bumps, etc.," Tummala says. "It is extremely important to follow strict hygienic practices during the waxing treatment as well as the first 48 hours after the treatment."

So, make sure to do your homework before choosing a salon. To help, here are some tips and guidelines from salon experts:

\*Look around—the salon should look clean and sanitary.

\*Your practitioner should wear plastic gloves during the waxing.

\*No double dipping allowed. This means there should be plenty of new applicators available and an applicator should never be dipped twice in the wax. Otherwise, you risk the chance of bacteria spreading from one individual to another. (This is actually quite common; so beware.)

\*Your practitioner should be licensed to practice the service.

\*Don't get waxed during your period—this is when pain is greatest. In general, it's best to go a few days before or after your period.

After the wax:

\*Expect to be sensitive. A cold compress and anti-inflammatory cream will help.

\*Reduce the risk of in-grown hairs with products like Tend Skin ([www.sephora.com](http://www.sephora.com)).

\*Avoid tanning beds and sun tanning on this delicate area for at least 48 hours. (So if you're waxing right before a beach vacation, give yourself at least two days to recover).

Lastly,

\*Abstain from sex. A hot date? Book accordingly. Medical experts recommend waiting 48 hours. Post-wax, your body is most susceptible to outside bacteria, and sex could cause infection.