



A FRIENDLY GUIDE TO PROFESSIONAL BODY WAXING CREATED BY MEENA BEAUTY SALON

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WELCOME TO SMOOTH SKIN, QUEENS-STYLE



*At **Meena Beauty Salon**, **body waxing** is one of our core services — offered for both women and men, from single-area touch-ups to **full-body sessions**. We tailor every appointment to the client in the chair, rather than running everyone through an identical routine, because skin type, hair texture, and comfort levels genuinely vary from person to person.*

*This guide is meant to answer the questions people actually have before booking: what waxing involves, what to expect during your visit, **how to prepare**, and **how to take care of your skin afterward** — so nothing about your appointment comes as a surprise.*

*We're proud to serve clients across **Woodside, Sunnyside, Astoria, Jackson Heights**, and the surrounding **Queens** neighborhoods with reliable, convenient **body waxing** close to home.*

WHAT ACTUALLY HAPPENS DURING A BODY WAX



Waxing removes hair by applying **warm wax** to the skin and removing it quickly, **pulling hair out from the root** along with it — unlike **shaving**, which only cuts hair at the surface. Because the hair is removed at the root rather than cut, **results last considerably longer** than shaving, and many clients find their skin **stays smooth for 3 to 6 weeks**, depending on their natural hair growth cycle.

Over time, and with **consistent sessions**, many clients also notice **regrowth becoming softer and finer** — though this varies from person to person and isn't guaranteed for everyone.

INSIDE YOUR APPOINTMENT AT MEENA BEAUTY SALON



Every appointment follows the same core structure, adjusted for the area being treated:

- 1. Welcome & Consultation:** We start with a **skin consultation** to understand your **skin type, hair growth, and any preferences or sensitivities**, so your session is **tailored to you** rather than treated as one-size-fits-all.
- 2. Cleansing & Prep:** The area is **cleansed and prepped** with a **soothing lotion** to ready the skin for waxing.
- 3. Wax Application:** Your technician applies **premium wax** suited to your skin type and the area being treated, **removing hair from the root** with careful, practiced technique.
- 4. Finishing Touches:** A **calming serum** is applied afterward to **help minimize redness** and leave skin feeling soft. Most sessions take about **15 to 30 minutes**, depending on the area or combination of areas being treated.

SOFT WAX, HARD WAX, AND CHOOSING WHAT'S RIGHT FOR YOU



Not all wax works the same way, and part of what a skilled technician does is **choose the right type for each area** rather than using one formula for your whole appointment.

Soft (strip) wax: Is applied thinly and removed with a **cloth strip**. It grips both hair and skin, making it efficient for **larger, flatter surfaces** like the **legs, arms, and back**.

Hard wax: Is applied thicker and removed on its own once it sets, **without a strip**. Because it **bonds mainly to the hair** rather than the surrounding skin, it's often the **gentler choice for more sensitive areas**.

A general guide to what's typically used where:

Area	Typical Wax	Why
Legs, arms, back	Soft (strip) wax	Efficient coverage for larger surfaces
Underarms	Hard or soft wax, based on sensitivity	Adjusted per client
Bikini line, deep bikini, Brazilian	Hard wax	Gentler for the most sensitive skin
Stomach, buttocks	Soft or hard wax	Chosen during consultation

We also offer a **Brazilian CBD Wax**, a **Brazilian** service using a **CBD-infused wax formula**. It's offered as a product alternative some clients prefer — not a treatment with guaranteed pain-free results, since comfort still varies by individual.

FOR WOMEN: BIKINI, DEEP BIKINI, AND BRAZILIAN EXPLAINED



*Bikini and intimate waxing options confuse a lot of first-time clients — here's what each actually means at **Meena Beauty Salon**:*

Bikini Line — Removes hair just beyond the edges of standard underwear or a swimsuit bottom. **The most conservative option.**

Deep Bikini — Goes further in than a standard bikini line, removing **more hair from the sides and top** while generally leaving **some coverage** rather than removing everything.

Brazilian Wax — Removes **essentially all hair** from the front, top, and back.

Brazilian CBD Wax — The same **full-coverage Brazilian service**, performed using a **CBD-infused wax** as a formulation option.

There's **no obligation** to go straight to a Brazilian on your first visit — many clients start with a **bikini line** or **deep bikini** and go further at a later appointment once they know what to expect.

FOR MEN: WHAT TO KNOW BEFORE BOOKING



Body waxing is a **regular part of our service menu for men**, not an add-on — we welcome clients booking anything from a **single-area wax** to a **fuller session**.

A few things worth knowing if you're new to waxing:

- **The process is the same core structure:** Described in **Section 3** — **consultation, prep, application, and finishing care** — regardless of who's in the chair.
- **Denser or coarser hair:** Common in areas like the **back or chest**, may mean your technician works through the area in **smaller, more deliberate sections** for even results.
- **Starting small is a reasonable way to ease in:** If you're unsure about committing to a larger area right away, **mention that at booking** so your first visit can be scoped accordingly.
-

If you have specific questions about which services are available for men, **our team is happy to walk through options at booking or during your consultation.**

PREPPING FOR YOUR APPOINTMENT: A REAL CHECKLIST



A few things genuinely affect how your appointment goes:

- **Hair length matters most:** Hair should be **about 1/4 inch long** for the wax to grip properly — **too short**, and results can be uneven.
- **Skip heavy lotions or oils:** On the **day of your appointment**; **clean skin** helps the wax adhere as intended.
- **Exfoliate gently a day or two beforehand:** **Not immediately** before your visit.
- **Mention to your technician:** any allergies, sensitive or reactive skin, recent chemical peels or retinoid use, medications that affect skin sensitivity, or pregnancy.
- **Avoid heavy sun exposure:** On the treatment area **beforehand**.

COMFORT AND PAIN: WHAT TO REALISTICALLY EXPECT



Some **mild discomfort** is normal during waxing, especially during a **first session** — that's a fair expectation to set rather than promising a **pain-free experience**. Most clients find the process becomes **noticeably easier** with **regular treatments**, as hair grows back **finer** and **less deeply rooted** over time.

A few things that genuinely help:

- **Consistency:** Repeated sessions over time tend to make each subsequent appointment **more comfortable**.
- **The right wax for the area:** **Hard wax**, because it **grips hair rather than skin**, is often gentler for **sensitive zones** like the **bikini line**.
- **A skilled, practiced technician:** Technique — pull angle, speed, and skin support — makes a **real difference** regardless of your personal pain tolerance.

If you're nervous about your **first appointment**, let your technician know during your **consultation** — they can **pace things accordingly**.

AFTERCARE: YOUR FIRST 24 HOURS AND BEYOND



In the first 24 hours after waxing:

- ***Avoid hot showers, baths, and direct sun exposure.***
- ***Skip tight clothing over the treated area — friction can cause irritation on freshly waxed skin.***
- ***Keep the area clean and moisturized to help maintain smooth results.***

Over the following days:

- ***Avoid saunas, steam rooms, and intense workouts that cause heavy sweating for a day or two.***
- ***Hold off on chemical peels, retinoids, or strong exfoliants near the treated area.***
- ***Begin gentle exfoliation once skin has settled — usually a few days out — to help prevent ingrown hairs (more on this in the next section).***

STOPPING INGROWN HAIRS BEFORE THEY START



*Ingrown hairs are the **most common complaint** after any hair removal method, and also **one of the most preventable**:*

- ***Exfoliate a few times a week:*** *Starting several days after your appointment, using a soft washcloth or gentle scrub.*
- ***Moisturize daily:*** *Hydrated skin lets hair grow through the surface naturally rather than curling back underneath it.*
- ***Avoid tight clothing:*** *To prevent friction and rubbing against recently waxed skin.*
- ***Resist picking or tweezing:*** *An ingrown hair aggressively — a warm compress and gentle exfoliation usually resolve it. If the area looks inflamed or infected, that's worth a doctor's visit rather than DIY treatment.*

SETTING THE RIGHT SCHEDULE: HOW OFTEN TO REBOOK



*Most clients find a **3-to-6-week window** works well, though the right interval depends on a few things:*

- ***Your individual hair growth cycle** — This is the **biggest factor**, and it varies person to person.*
- ***The area treated** — Some areas **naturally regrow faster or slower** than others.*
- ***Consistency over time** — Many clients notice **regrowth slowing with repeated sessions**, which can allow for **longer gaps between visits**.*

***The 1/4-inch rule still applies:** Regardless of the calendar — **book your next visit** once hair has grown back to **that length**.*

WAXING MYTHS, DEBUNKED



- ***Waxing makes hair grow back thicker:*** It doesn't — hair removed from the follicle ***doesn't change in thickness***. Many clients notice the opposite over time: ***regrowth that feels softer and finer***.
- ***It has to hurt badly to actually work:*** Mild discomfort is normal, especially the first time, but it typically ***eases with regular sessions*** — significant, lasting pain usually points to a ***technique or wax mismatch***, not a more "thorough" wax.
- ***Sensitive skin means waxing is off the table:*** Not necessarily — ***hypoallergenic waxes and adjusted technique*** make waxing workable for many people with sensitive skin. ***Mention it at your consultation***.
- ***Any wax and any technician will give the same results:*** Wax quality, hygiene practices, and technician skill all genuinely affect comfort and how even the results look.

SERVICES & PRICING



Service	Price
Underarms	\$10
Half Arms	\$20
Full Arms	\$25
Lower Legs	\$20
Upper Legs	\$25
Full Legs	\$40
Bikini Line	\$20
Deep Bikini	\$30

Service	Price
Brazilian Wax	\$40
Brazilian CBD Wax	\$45
Stomach	\$20
Back Wax	\$35
Lower Back	\$20
Full Butts	\$20
Full Front	\$35
Full Body Wax	\$150

Pricing current as of publication. Please confirm current rates at meenathreading.com/bodywaxing.html or by calling the salon, as prices are subject to change.

FREQUENTLY ASKED QUESTIONS



What is body waxing and how does it work?

Warm wax is applied to the skin and quickly removed, ***pulling hair out from the root***. This leaves skin smooth and hair-free for ***several weeks***.

How long do results last?

Most clients enjoy smooth skin for ***about 3 to 6 weeks***, depending on their natural hair growth cycle.

Which areas can be waxed?

Many areas, including ***legs, arms, underarms, back, stomach, and the bikini line***. Some clients also choose a ***Brazilian wax*** for more complete hair removal — see ***Section 5*** for the full breakdown of intimate waxing options.

Does body waxing hurt?

Some ***mild discomfort*** may occur, especially during a ***first session***, but most clients find the process ***becomes easier with regular treatments***.

How long should hair be before waxing?

About ***1/4 inch long***, so the wax can grip and remove it effectively from the root.

Is waxing better than shaving?

Waxing ***removes hair from the root***, meaning ***smoother skin for longer*** compared to shaving. Over time, hair may also grow back ***softer and finer*** for many clients.

Can people with sensitive skin get waxed?

Yes — professional waxing uses ***high- quality, hypoallergenic wax*** designed to work with a range of skin types, including ***sensitive skin***.

How should I care for my skin afterward?

Avoid hot showers, direct sun exposure, and tight clothing for 24 hours, and keep the skin moisturized to help maintain smooth results.

VISIT MEENA BEAUTY SALON



Ready to book? **Schedule online or give us a call — walk-ins welcome** when availability allows.

<https://meenathreading.com/bookanappointment.html>

Meena Beauty Salon

45–47 47th Street, Queens, NY 11377 (Woodside)

(718) 433-4242

Mon–Sat: 10:00 AM – 8:00 PM | Sunday: 10:00 AM – 7:30 PM

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More details: <https://meenathreading.com/bodywaxing.html>

