



BODY SUGARING

NO OIL, NO RESIN!

Sugaring is an ancient method of hair removal used for centuries in regions such as Egypt and the Middle East. Consisting of raw sugar, lemon juice and water it is 100% natural and contains no chemical additives! Recognized for its exfoliating action, it leaves skin soft and silky. Since hair is removed in the same direction it grows, the root is redressed and the deformation of the hair follicle is avoided favoring the inhibition of ingrown hairs. Recommended for all skin types, and all areas without restriction, it is used for both female and male hair removal.



Cane Sugar

Water

Lemon Juice

- Made with the freshest ingredients
- Handmade in small batches right here in TN on our homestead
- All Sugaring orders include everything you need for successful sugaring at home. You get cornstarch, an applicator, and my pure handmade Aloe Vera for aftercare + detailed instructions.
- Bundles and kits include all natural, botanical before and after care sugar scrubs.

Jennifer
Your Sugar Plum Fairy

POST SUGARING ADVICE

- Keep skin cool & avoid tight fitting clothes: may irritate the skin & cause ingrown hairs.
- Avoid moisturizing creams, perfumed bar soaps and deodorants on the treated areas for 24 hours as they may leave a film on the skin that may cause ingrown hairs.
- Avoid any heat or friction to the skin.
- Do not sunbathe as prolonged exposure to the sun may cause skin irritation.
- Avoid hot baths or showers for 24 hours. Extreme temperatures can cause irritation.
- Avoid sexual activity for 10 hours after a Brazilian. While your pores are still open, they are vulnerable to irritation and bacteria.
- Avoid solariums, saunas, steam rooms, whirlpools and other heated sources/ chlorinated water for at least 48 hours.
- Try not to exercise or participate in activities that may cause you sweat for 24 hours.
- Wash the treated area with an anti- Bacterial wash such as a Tea Tree body wash with mild PH, it helps soothe and calm the skin after hair removal.
- Moisturize with a lotion containing tea tree, aloe Vera or lavender after every shower, this has a soothing, antibacterial effect. Use the Aloe provided.
- Avoid shaving & depilatory creams between treatments as it causes the hair to become thicker and more stubborn.
- Do not use exfoliating products (AHAs, scrubs, etc.) and loofahs for at least 24 hours as they may irritate the skin.
- It is important, however, to exfoliate once or twice a week after this time, as this helps with the prevention of ingrown hairs & prepares your skin for your next treatment.
- If Sugar gets stuck, sprinkle with corn starch and go over the area with a fresh ball in diagonal direction and remove.

For further instructions, refer to the website tutorials at jbhomemade.com under the sugaring tab. Remember I am here to help in any way I can. Reach out to me on Etsy, email, Facebook, Pinterest, or Instagram!

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Tips and Tricks for Successful Sugaring

- Exfoliating the area prior to sugar with exfoliating gloves, loofah or washcloth will improve the effectiveness of the sugar grabbing out the hair. You will also find that less sugar is needed which is especially noticeable on large areas like arms, legs and backs.
- Cleanse the skin of any oils or lotions. You can use witch hazel to dry up oily skin.
- Dry the skin, then apply a thin layer of powder.
- Sweat will interfere with the sugar sticking to the hair so if you start sweating, apply more powder to absorb the moisture. If you are sweating a lot, using a fan directed at the area you are sugaring will help. Turning up the A/C or turning down the heat in the room will help (if possible), even a few degrees seems to make a difference. If the powder starts to get globby because there is so much sweat, then recleanse the area and re-apply a thin layer of powder.
- If Sugar gets stuck, sprinkle with corn starch/powder and go over the area with a fresh ball in a diagonal direction and remove with the flicking motion.
- Corn starch/powder is your friend used in moderation, your enemy if you use too much.
- Same goes for humidity/temperature: If you are in a humid room (i.e. Bathroom or kitchen), you will want to get a fanblowing on you and be near an A/C unit.
- Don't get frustrated the first time...this technique takes PRACTICE. If you get frustrated, your body temperature rises...which makes sugaring near impossible. KEEP COOL, CALM, AND SUGAR!

PRE SUGARING ADVICE

- Do not to use creams, moisturizers, fake tan or oil on the skin before a treatment as these can form a barrier, which prevents the gel or paste from giving maximum results.
- Do not to use sun beds prior to a treatment or treatment with sunburnt skin.
- If your hair is longer than 1/4", trim it!
- After sugaring, the process may be repeated after 8-10 days of hair growth.

What Is Sugaring?

Body sugaring involves the use of an all-natural, organic paste or wax made primarily of sugar being applied to the desired treatment area. The Sugar removes only the hair by the follicle and dead skin cells, leaving behind exceptionally smooth skin.

There are two Methods of Sugaring.

Sugaring Paste: used at room temperature and requires only your fingers or an applicator.

Sugaring Wax: used slightly warmed (never HOT) with an applicator and reusable denim strips

When the sugar is applied to the skin, it seeps into the hair follicles. This "lubricates" the hair, which allows the hairs to "glide" out more comfortably and gently. This is the biggest contributor to the "less pain than waxing" factor. This method also minimizes any redness, irritation, hair breakage and ingrown hairs. All this while simultaneously exfoliating dead skin cells! Sugaring is safe for all skin types (sensitive, itchy, psoriasis, eczema) and is safe on varicose veins and spider veins. It is ideal for anyone who has a problem with waxing or shaving and seeking an all-natural alternative.

What areas of the Body can be Sugared?

Eyebrows	Upper lip	Chin	Toes	Neck	Back	Arms	Stomach
Underarms	Legs	Bikini	Mankini	Brazilian	Manzilian		



Legs



Facial Hair



Bikini



Underarms



Apply (mold) three times in the
OPPOSITE direction of growth



Remove in the **SAME** direction of growth
using the flick method.



ANCIENT ORGANIC SUGARING WAX METHOD

#1: Exfoliate 48 hours prior with a non-oily exfoliator.

#2: Clean/dry skin: Shower with non-oily wash, dry completely. Skin should be cool. Get a fan; be in a room with low humidity. 60-70° temperature is ideal.

#3: Warm: Recommended heating: in a bowl of hot water or bottle warmer. Heat to lukewarm. PLEASE make sure that the sugar wax has cooled enough because you can really burn the crap out of yourself if it is too hot. You can check the temperature by applying a tiny bit to your inner wrist. If it is too hot or watery, just let it cool down a bit before using. Sugaring Wax should be the consistency of pourable syrup or honey.

#3: Dust with cornstarch or baby powder prior to sugaring.

#4: Apply: Using the applicator, apply a thin layer of wax about 2 in. wide X 4-5 in. long in the OPPOSITE direction as hair growth. On the legs, this is often an upward direction. Smooth the wax over the desired area 3-4 times in a thin layer.

#5: Apply strip: Cover the patch of sugar wax with a strip of muslin or denim fabric. Press down so that it adheres to the wax. Then, rub briskly to heat it through your body heat friction.

#6: Yank it off! Hold the skin taut and yank the strip of fabric quickly in the SAME direction of hair growth.

#7: Repeat as needed until all hairs are removed, applying more cornstarch as needed.

If you have sensitive skin, you almost certainly should not place anything on the skin following using sugaring wax. However, make sure that a day or two later you exfoliate nicely (and continue to do so every 2 days) to avoid ingrown hairs.

For further instructions, refer to the website tutorials at www.jbhomemade.com

Questions? Concerns? How To's?

Reach out to me on Etsy, Facebook or email me at jbhomemadesugaring@gmail.com ©JBHome-made.com 2014



ALL NATURAL BOTANICAL SKINCARE INGREDIENTS





Exfoliate



Sugar



JS&S



Repeat

JBHomemade's Raw, Cane, and Brown sugar scrubs for after sugaring skin care or anytime you desire to feel soft, silky and sexy! All my scrubs are made from all natural, pure and organic ingredients. The strength of the scrub varies by which sugar is used. Scrubs treat blemishes, acne, and other skin problems. They soften dead skin cells leaving the skin feeling soft and smooth upon regular use and aid in delaying visible signs of aging like fine lines and appearance of wrinkles, and relieving itchy skin.

Instructions: (Cleansse skin before using.)

- While skin is still wet, use fingers to massage in a circular motion a small amount of the scrub into skin. Add more as you move to other areas of the body. Rinse off the scrub under warm running water. Concentrate on rough patches of skin, like elbows, knees, & feet. Avoid broken skin.

SKINCARE ROUTINE

(DAY)

Cleanse

Essence

Toner

Serum/Eye Serum

Sunscreen/Emulsion

Moisturizer

Finisher or Primer

(NIGHT)

Remove Makeup

Cleanse

Exfoliate

(every other day)

Treatment Essence

Toner

Serum

Face Oil

Moisturizer

Mask

(on exfoliation day)

Explore the entire JS&S Skincare line and follow us for updates, new additions, specialized sets and more at jbhomemade.com and JBHomemadeShop.Etsy.com

For further research and tips, refer to the website at jbhomemade.com under the Botanical Skincare tab. Remember I am here to help in any way I can. Reach out to me on Etsy, email, Facebook, Pinterest, or Instagram!

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Store-bought skin care products typically contain toxic chemical ingredients that have been linked to all sorts of scary health problems: from hormonal problems, irregular periods and infertility to allergies and even cancer. At JBHomemade, our products are made in fresh, small batches to preserve bio-active properties. This is important when using live botanical ingredients. All of my handmade skincare products have ingredients that come straight from my organic gardens on our homestead here in TN and center on wellness. As a certified Master Herbalist, I take both great care and pride in my gardens and my skincare recipes.

100% NATURALLY DERIVED SKINCARE!

No synthetics. No animal testing. No Parabens. Minimal processing. We, as a family, lead a natural, organic, homesteading lifestyle. We do our best to live frugally, holistically, organically, naturally, self-sustain, and to live off the land. This is the lifestyle that brought me to create my small business. Serums, Pure Aloe Vera, sugar scrubs, toners, dusting powders, infused Aloe Vera with roses and lavender, and even salves are available to you, my lovely customers.

Find JBHomemade on:
Etsy: [JBHomemadeShop.Etsy.com](https://www.etsy.com/shop/JBHomemadeShop)
and on my website filled with
research and tutorials
jbhomemade.com

- Try to always rub towards your heart – start at your feet and work up your legs. Start at your hands and work up your arms, etc.
- Rinse off very well with warm water, and then pat dry.

By regularly exfoliating your skin with a sugar scrub, it becomes healthier in appearance and function. After dead skins have been exfoliated, your body's largest organ works more efficiently to expel toxins and take in nourishment. Skin becomes more uniform in appearance, is softer to touch, and has a radiant glow. Sugar scrubs are also gentler, less dehydrating than salt scrubs and be used by all skin types.

The natural glycolic acid in sugar not only helps condition and moisturize skin, but also protects it from toxins. This scrub is safe to use on your face, but be gentle! Most importantly, all this with simple natural ingredients; no unnatural or harmful chemicals.

******store in Refrigerator for up to 12 months thanks to the natural preservative, Vitamin E.

******Do not store in shower – water is a contaminate to your sugar scrub. Prolong the life of your natural skincare and scrub products by remembering not to allow water to get in the container. Use a spoon or apparatus to scoop it out.