

CYRENA

Informed Consent Form — Body Treatments

Waxing, Spray Tan & Body Add-ons **Risk level: Low**

Services Covered

This consent form applies to: Custom Spray Tan · Half Leg Waxing · Full Leg Waxing · Bikini Line Waxing · Brazilian Waxing · Underarm Waxing · Chest Waxing · Back Waxing · Post-Wax Soothing Serum · Tan Extender Application.

What to Expect

Body waxing involves the removal of hair using soft or hard wax tailored to the treatment area and hair type. Brazilian waxing uses professional-grade hard wax formulated for sensitive intimate areas. Custom spray tanning involves airbrush application of a DHA-based bronzing solution for a natural-looking, streak-free result.

Risks & Considerations

Body treatments are generally low-risk. The following considerations apply:

- Waxing: temporary redness, sensitivity, and minor follicular bumps (folliculitis) are common, especially in sensitive areas. These resolve within a few hours.
- Skin lifting: clients using Retinol, Tretinoin, AHA/BHA products, or certain prescription medications are at higher risk of skin lifting during waxing.
- Brazilian & bikini waxing: the intimate area is particularly sensitive. First-time clients may experience more discomfort and temporary redness.
- Spray tan: DHA (dihydroxyacetone) reacts with the skin's amino acids to produce colour. Clients with very dry or uneven skin texture may see patchy results.
- Spray tan & pregnancy: DHA inhalation is not recommended. Pregnant clients should advise their therapist — a barrier mask will be provided.
- Ingrown hairs: pre-existing ingrown hairs may be disturbed during waxing. Regular exfoliation and the post-wax serum are recommended to minimise this.

Health & Skin Checklist

Health & Skin Question	Yes	No	If yes, please detail
Are you using Retinol, Tretinoin, or prescription Vitamin A products on the areas to be waxed?	☐ Yes	☐ No	Details: _____ —
Are you using AHA or BHA exfoliants (glycolic, salicylic acid) on areas to be waxed?	☐ Yes	☐ No	Details: _____ —

Are you currently taking Roaccutane or have you taken it in the last 12 months? (waxing is contraindicated)	☐ Yes	☐ No	Details: _____ —
Are you currently pregnant or breastfeeding?	☐ Yes	☐ No	Details: _____ —
Do you have any skin conditions in the areas to be waxed (eczema, psoriasis, active infections)?	☐ Yes	☐ No	Details: _____ —
Do you have a known allergy to wax, resin, or tanning solution (DHA)?	☐ Yes	☐ No	Details: _____ —
Have you had a reaction to waxing or spray tanning previously?	☐ Yes	☐ No	Details: _____ —
For spray tan: have you applied any oils, perfumes, or deodorant today? (please arrive with clean, dry skin)	☐ Yes	☐ No	Details: _____ —
Are you taking anticoagulant medication (blood thinners)?	☐ Yes	☐ No	Details: _____ —
Do you have varicose veins or circulatory issues in the areas to be waxed?	☐ Yes	☐ No	Details: _____ —

Aftercare Acknowledgement

Waxing aftercare:

- Avoid touching, rubbing, or applying products to waxed areas for 24 hours.
- Avoid saunas, steam, swimming pools, and intense exercise for 24 hours.
- Do not exfoliate for 48 hours post-wax. Begin gentle exfoliation after 48 hours to prevent ingrown hairs.
- Avoid sun exposure and tanning beds on waxed areas for 48 hours.

Spray tan aftercare:

- Do not shower, sweat, or get wet for at least 8 hours post-application (or as advised by your therapist).
- Wear loose, dark clothing immediately after your tan.
- Moisturise daily to extend tan longevity. Avoid exfoliants and oil-based products.
- Tan will develop fully within 8–12 hours and typically lasts 7–10 days.

Photography & Social Media Consent

Cyrena Collective may wish to photograph or video the results of your service for use on our website, Instagram, and other marketing channels. This is always optional and your service will never be affected by your decision.

I consent to Cyrena Collective photographing/filming my results and using these images on social media and marketing materials. I understand my face may or may not be included, and I can withdraw this consent at any time.

I consent to photography of results only (e.g. hair, nails, lashes) — no face, no identifying features.

I do not consent to any photography or use of my image for marketing purposes.

CLIENT DECLARATION & SIGNATURE

I confirm that the information provided above is accurate and complete to the best of my knowledge. I understand the nature of the service(s) to be performed, the associated risks, and the aftercare requirements. I consent to the treatment proceeding on this basis.

This consent is valid for all body treatment services at Cyrena Collective from the date signed. Renewed annually or if your health, skin condition, or medication changes.

Client full name: _____

Date of birth: _____ **Date of consent:** _____

Signature: _____

Therapist: _____