Contours Beauty Ink

Intimate Skin Ritual Aftercare

Aftercare Instructions & Suggested Treatment Frequency

For the first 24-48 hours - and longer if skin remains sensitive

Keep care gentle: Cleanse the treated external skin with lukewarm water and, if needed, a mild fragrance-free cleanser. Pat dry with a clean, soft towel. Avoid rubbing, cleansing brushes and washcloth scrubbing. Never cleanse inside the vagina.

Reduce heat and friction: Avoid hot baths, hot tubs, saunas, steam rooms, swimming and strenuous exercise while the skin is sensitive. Avoid sexual activity or other contact that rubs the treated area until redness and tenderness have resolved.

Choose breathable clothing: Wear loose clothing and breathable cotton underwear. Change out of damp or sweaty clothing promptly.

Leave the skin alone: Do not pick, squeeze or scratch bumps or attempt to release ingrown hairs. Avoid shaving, waxing and depilatory creams until skin has recovered and your provider clears the next hair-removal appointment.

Home skincare

Moisturize: If recommended, use a thin layer of a gentle, fragrance-free moisturizer on the treated external skin. Stop any product that stings or causes a rash.

Pause exfoliation and corrective actives: Avoid scrubs, exfoliating acids, retinoids and brightening or spot-treatment products immediately afterward. Restart only when skin is fully comfortable and according to your individualized instructions and product label. Do not assume 48 hours is sufficient after every treatment.

Avoid irritants: Skip fragranced washes, deodorizing sprays, scented wipes and douches. Keep all treatment products away from the inner labia, vaginal opening and mucosal tissue.

If the bikini line will be exposed: Protect treated skin from sun with clothing. Use a tolerated broad-spectrum SPF 30 or higher on exposed external bikini-line skin only; avoid mucosal areas.

When to contact us or seek medical care

Contact the spa for unexpected sensitivity or questions about your home routine. Seek medical evaluation for worsening pain, spreading redness, warmth, swelling, pus, blisters, open sores or fever. Stop irritating products. Seek urgent care for a severe reaction; trouble breathing or swelling of the lips or tongue requires emergency help.

Suggested frequency

Routine maintenance: every 4-6 weeks, adjusted to skin tolerance, treatment intensity and the client goals. Individualize the schedule according to skin recovery and product directions.

Sensitive or reactive skin: Extend the interval or omit exfoliating and corrective steps. Rebook only after the skin has fully recovered.

Targeted brightening series: Follow the specific product protocol for spacing and total sessions. Do not shorten the interval solely to accelerate results; reassess skin response at each visit.

Coordinate with waxing: Schedule exfoliating or corrective rituals separately from waxing unless the exact combination is explicitly approved. Follow the product-specific waiting period and proceed only when skin is intact and comfortable.