



As Seen on Fox 12 Oregon KPTV

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The Benefits of a Facial

Facials are a necessity not just a luxury! Facials provide a benefit to the skin while you relax. There are many reasons why you want to invest in a facial, for example: facials offer the opportunity to work with a skincare professional who will analyze your skin, help you improve your complexion and skin's appearance, and coach you how to properly maintain your skin for life not to mention the anti-aging affects.

Why get a facial from a professional versus do-it-yourself at home?

Professional grade/strengths products for starters! An at home facial is better than no facial at all. However, to achieve maximum results, a trained skin therapist can provide exceptional results you cannot provide at home, because of the techniques used and high quality products that only professionals are authorized to use—and this is where the luxury part comes in because they are very relaxing!

How often should I get a facial?

4-6 wks is recommended— By waiting 4-6 weeks it allows your skin to fully recover; any more than that could damage your skin, because skin goes through a 28-day regeneration cycle.

What are the benefits a facial provides for my skin?

Removes the surface dead skin cells, stimulates circulation, hydrates the skin, and unclog pores, which ultimately lead to a better appearance and glowing skin.

What are the steps of a facial?

Cleanse

Steam

Exfoliate

Massage

Moisturize

1. Cleanse the skin with an appropriate cleanser. This will remove the dirt and make up from the skin's surface. Cleanse twice is recommended to clean deep into the pores.
2. Steam- softens the outer layer and opens the pores to prepare for better exfoliation.
3. Exfoliation removes the dead skin from the outer layer of the skin's surface
4. Massage stimulates circulation not to mention it feels great
5. Moisturize hydrates and balances the skin—literally leaving you with glowing skin appearance

Additional benefits of a facial can help to reduce stress! Facials make a great gift for someone you love and they are equally good for men as they are for women. Finally, a facial is a great for teens—it teaches and trains them good skin-hygiene and to not take their skin for granted and prepares them for a long life of healthy looking skin.