



# SPA HAMBRIK

beautiful, youthful, healthy skin



## What is a facial? Why do I need one?

A facial is a professional cleansing, purifying, and beautifying treatment of the skin on the face and neck. Facials are the number one treatment performed by estheticians, and a good way for your therapist to get a good understanding of your skin prior to suggesting more aggressive treatments.

For most people, facials can be scheduled every four weeks, although your therapist may recommend a different schedule. There are many variations of facials based on different needs, as well as different lengths of time. A mini facial may be only 20–30 minutes in length, while a more luxurious version may be 75–90 minutes in length. Tell your esthetician exactly what you want to get out of your facial, and she/he will be able to recommend a facial to meet your needs.

**Preparing for a facial:** Be sure to allow enough time to fill out a comprehensive intake prior to your treatment. Plan to arrive a little early so you will not feel rushed and can enjoy the entire length of your treatment. Remember that your hair may become damp during the facial, and will usually be held back from your face with a soft wrap or headband, so you may not want to schedule a public appearance right after your facial! There is no need to remove your makeup prior to the appointment, as it will be cleansed off during the facial.

**What to expect:** Facials are generally very relaxing and soothing. Your esthetician will explain to you what the treatment steps will be. Be sure to communicate with your esthetician during the facial if any product burns, itches, or if you need anything or have any questions. Otherwise, just lie back and enjoy the experience. A basic facial generally includes the following steps:

- Makeup removal and cleansing of the skin.
- Skin analysis
- Exfoliation by mechanical, enzymatic or chemical means.
- Massage of the face and neck, to aid in relaxation and stimulate blood and oxygen flow to the skin.
- Extraction of blackheads and other impurities, either manually (using gloved hands and cotton or tissue around the fingers with gentle pressure to remove the impacted pore) or using a metal extraction implement designed to clear blocked pores. This can also include the use of a lancet (a small, sharp blade to lift the dead cells of the skin prior to extraction).
- Application of products targeted to your skin type (dry, oily, mixed, sensitive, or mature).

**After the facial:** After a facial, your skin will probably be soft, smooth and well hydrated. However, if multiple extractions were needed or if you required a fair amount of exfoliation, your face may be somewhat rosy for one to two hours or more, depending on how sensitive your skin is. This is quite normal. You can apply mineral makeup after your facial if there is some redness you want to conceal.

**Home care after a facial:** Your esthetician will go over which professional home care products for you to continue the improvement in your skin following your professional treatment. This way, you will be using products that maximize benefits and prolong the effects of your treatment. Your therapist can explain how, when and how much of the products to use. Feel free to call the therapist later, if you have any questions.

**Your esthetician:** Your skin care treatments should be provided by a properly trained professional. Don't hesitate to ask your skin care therapist about her background, training, and experience—especially as it relates to the treatment you are considering. Your therapist is a professional member of Associated Skin Care Professionals. Our members have been validated as meeting their state's licensing credentials and/or core training requirements, and agree to follow a code of ethics which ensures you'll be treated responsibly and with the utmost respect. ASCP also provides its members with comprehensive resources that allow them to keep up with changing trends, making certain you'll receive the most up-to-date therapies available.