

Skincare FAQ

Q: What exactly is a facial?

A: "A facial is a professional service designed to improve and rejuvenate the skin...

Facial treatments help maintain the health of skin and correct certain skin conditions through deep cleansing, massage, the use of masks and other products, and various treatment methods." (Milady's *Standard Fundamentals for Estheticians*)

Q: What should I expect during a facial?

A: Expect to be relaxed and pampered! Before your treatment, I will simply ask you a few questions about your skin, and do a skin analysis to tell you what skin type you are. The facial itself will consist of a deep cleansing, toning, exfoliation, massage, mask, and moisture treatment. You may be as silent or as talkative as you wish, as long as you remain respectful for other people in the building. Feel free to ask any questions you like, because it is also my duty to educate you on proper skincare. Also feel free to take a nap! Falling asleep during a facial is very common and is perfectly acceptable.

Be sure to communicate with me during the treatment if anything starts to feel uncomfortable. Products should never burn or make you feel itchy; they should be soothing to the skin. If you feel a bit of warmth or tingling throughout your body, however, don't be alarmed - you're just receiving a bit of [Reiki](#) energy as a bonus!

Q: What do I wear for a facial?

A: Women will be given a wrap that covers the bust area and falls just to the knees. (You will be fully covered with blankets, so pants are optional.) Men will remove their shirt for the décolleté massage, but must remain clothed from the waist down.

Q: Why do I have to take my shirt off for a facial?

A: The facial massage also consists of a décolleté massage, which includes the neck, shoulders, and chest area. You will remain covered from the breast area down, but if you still feel uncomfortable taking your shirt off, this step can be removed from the service, or you may wear a tank top where the straps can be pulled down off of your shoulders.

Q: How do you determine which products you will use during my facial?

A: You and I will work together to find the best product for you. I will ask you a few questions, such as "What products are you using now?" and "What skin type do you

think you have?" I will then conduct a thorough skin analysis using a special lamp that shows me various skin conditions, including oil production, which will aid me in determining your skin type. We will discuss any questions you have about your skin, as well as your skincare goals. From there, we will determine which facial to perform based on your needs.

Q: What are extractions, and do you do them with every facial?

A: Extractions are what most people refer to as "squeezing" or "popping" acne and blackheads. They are done to remove impurities and unclog pores, allowing them to shrink back to their normal size. When done correctly, extractions are not "painful", but are not always considered comfortable to those who may be sensitive to pain. It is for this reason that I do not automatically incorporate extractions with all facials, however they can be done free of charge upon request with a facial.

Extractions are beneficial for every skin type, but should only be done with caution and proper training. Improper extracting can lead to scarring and can actually make the infected area worse due to transfer of bacteria. Please ask for professional advice before extracting your own skin!

Q: What is exfoliation?

A: Exfoliation is the removal of the dead skin cells that sit upon the skin and create a dull surface. Exfoliating helps to slough away the dead skin, allowing the fresh skin that lies beneath to shine through and create a healthier appearance. Exfoliation can be achieved either mechanically (through use of a facial scrub) or chemically (with a chemical or enzyme peel). Those with Normal to Dry skin should exfoliate once a week, while those with oily skin should exfoliate two to three times per week.

Q: How often can I get a facial?

A: Facials are most beneficial when done on a regular basis. They can be done as often as once every two to four weeks, depending on the strength of the products being used. You will also get the best results with your facials when using a good skincare regimen at home.

Q: Can I put my makeup on after a facial?

A: Yes, although I suggest always using an all-natural mineral makeup to avoid clogging your pores!

Q: Can I tan after a facial?

A: I am not an advocate of tanning because I have seen the effects it has on our skin. However, if you tan, you should avoid tanning your face for 24-48 hours after a facial due to new skin being exposed from exfoliation.

Q: Is there anything special I should do to care for my skin after a facial?

A: You should *always* drink a lot of water, especially after a facial. Not only does it assist in grounding you and "bringing you back to Earth", but it also hydrates you and helps your body push out any toxins that may have been released during the facial. Water is the best medicine for keeping the skin clear and hydrated to prevent premature aging.

Keep up with proper cleansing, toning, and moisturizing. Also, sunscreen - sunscreen - sunscreen! Protect your skin, even in the winter months and on cloudy days. Sun can even do damage to your skin through the windows of your car! A healthy makeup foundation adds extra protection against the environment, as well.

Pay attention to the cleanliness of things you put up to your face, like your phone, your hands, your pillow case, etc. Always use clean hands and clean wash cloths when cleansing your face!

Q: Why did I break out after my facial?!?

A: Well there may be a couple reasons. Contrary to popular belief, just because you get zits on your face after a facial does not mean it was a "bad facial" or that the esthetician ruined your skin! The whole reason for doing a facial is to properly cleanse the skin and rid it of dirt and debris. Breakouts after a facial are almost always a sign that there was quite a bit of build-up beneath the skin that was pushed out by the proper cleansing during a facial. This is a good thing! *Continue with regular, proper skincare* as discussed with the esthetician and the breakouts should clear up. Another reason for breakouts may be that you have an allergy or sensitivity to a certain ingredient. Always discuss this with the esthetician prior to your service.

Don't see your question?

Email it to me at lisa.roberds@skincaretherapy.net!

Go back to www.lmr.skincaretherapy.net.