



Facial Basics



What it is:

Facials are an underestimated form of relaxation. Not only are they totally relaxing but your skin feels and looks better afterwards.

A basic facial includes cleansing, exfoliation, with a facial steam and face mask to clear blocked pores and cleanse the skin deeply followed by toning and moisturizing.

For total relaxation choose an extended facial which includes a massage around the neck, shoulders and face area; a total de-stress. The use of a galvanic (Anti wrinkle) course enhances the effect.

A professional facial is way more than a luxury. It's hygiene & exercise for the skin. Facials offer you the opportunity to work with your therapist who will analyze your skin, help you improve your complexion & show you how to have proper homecare for your skin. A facial provides a deep cleansing, deeper than the cleansing you will get at home.

The Benefits:

A facial treatment rejuvenates and is totally relaxing. It is the third most popular treatment after massage and manicure/pedicure. Your face is quite probably the first thing people see, and having healthy, attractive appearance can help you to feel confident about the way you look.

Benefits include:

- Exfoliates via oils, creams and waxes
- Cleanse, moisturise, nourish, warms and tones the skin and increase its elasticity (It is safe for very sensitive skins).
- Leaves your skin feeling smooth, soft, pliant to the touch and really refreshed
- Helping rid skin of any blemishes.
- Restores the normal balance of oil and PH
- Preventative (preventing or reducing wrinkles)
- Slows down ageing appearance
- Relieving muscle tension and improving circulation.
- Healing - pressure points can be stimulated corresponding with other areas of the body
- Stimulate circulation of blood and lymph flow, easing muscle stiffness, loosening fibrous adhesions
- Relaxes the entire nervous system and improves mood
- Produce soothing and rejuvenating effects



What to expect:

Your therapist will begin by washing their hands with anti-bacterial soap and hot water. Then if you have long hair it will be removed from face and tied back. A mild cleanser according to your skin condition will be applied followed by exfoliation. The face will be pat dried and a facial mask applied for about 10 minutes. Then the mask will be washed off with warm water and a facial cloth. An Alcohol free toner will be applied to the face with a cotton bud. A moisturiser will then be applied to the face. A full face, head and shoulder massage can then be offered to complete a blissful experience.

- Following a brief consultation on your general health and any contra-indications to face treatment, we will discuss your treatment process.
- The treatment commences with a warm wash of the areas to be treated.
- You will be made aware of contraindications.
- Following the treatment there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.
- You will be left feeling relaxed, revived and indulged.

After Care Advice:

Beware, some products used with facial can be very powerful and some people may have allergies. Always advise your therapist of any health problems. To make the most of your newly manicured feet follow these simple guidelines: If you experience a reaction to your treatment remove product, apply a cold compress and if symptoms persist for more than 24 hours see your GP.

- If any pain or reaction is felt it is recommended that you see a doctor
- Advice further treatment every 4-6 week
- Avoid the temptation to wear make-up for 12 hours and avoid highly perfumed products
- Diligent home-care, cleansing, exfoliating, moisturising and protecting
- Cleanse, Tone and Moisturise should be done twice a day
- Blackheads should be treated by steaming and exfoliating up to twice a week
- The correct amount of moisturiser to use on your face should be no bigger than the size of a 5p piece.
- Never skip on sun care protection
- Avoid picking and squeezing
- Avoid make-u for 12 hours
- Avoid any further over stimulation, heat treatments, depilation and highly perfumed products
- Always remove your make-up before you go to bed
- If any inflammation, apply a cool flannel

Contraindications of Facial

- Injury to face,
- Eye inflammation,
- Facial wound
- Certain skin conditions (Eczema, Dermatitis, psoriasis, Acne rosacea/ vulgaris, skin tags, Miliam sunburn
- Certain medication
- Problems with blood circulation, broken capillaries / veins, bruises