

Facials Guide: The Complete Guide to Facials

<http://facial.charlia.com/what-is-a-facial/>

What is a facial?

A facial cleans, exfoliates and nourishes the skin so that the skin is clear and hydrated. Facials are one of the most popular treatments at a beauty salon or spa retreat because the treatment is also very relaxing. This complete guide to facials provides information on all aspects of facial treatments.

What types of facials are there?

There are a number of different types of facials that you can ask or look for. The traditional facial involves cleaning the skin's deep pores. Additionally:

- * Aromatherapy facials use essential oils selected to address your facial skin's needs.
- * Acne facial treatments prevent acne outbreaks by using ingredients that cleanse, normalize and equalize the skin.
- * Hydrating facial treatments address your skin's tone if it is extremely dry.
- * Anti-aging facials use vitamin C and alpha- or beta-hydroxy acids to plump up skin, smooth out wrinkles and fine lines and encourage collagen production for strength.
- * Galvanic facials use a gadget to apply a direct current to the skin and introduce water-soluble substances through the skin. Galvanic facials increase the skin's ability to absorb products.
- * Biolift facials use a biomask that target the dark circles under the eye by tightening and toning the skin.

Gold facials use 24-carat pure gold creams that penetrate the skin to improve lymphatic drainage, removal of toxins and wastes and regrowth of skin cells.

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Steam vapour

Your therapist will steam your face using a facial steamer or warm moist towels. The purpose of steaming is to increase the circulation of blood throughout the face while opening up the pores. Once the steam vapour step is complete, your therapist will exfoliate your skin.

Exfoliation

Your therapist will apply a scrub your wet face and throat gently to remove dead skin cells. The removal of dead skin cells promotes the growth of new skin cells whereas a build of dead skin cells gives the skin a dull tone and rough texture. Afterwards, your therapist may massage your facial muscles.

Facial massage

Your therapist may give you a facial massage to stimulate the facial muscles and skin (as well as provide you with relaxation) in preparation for the mask.

Facial mask

Your therapist will apply a mask to your face according to your skin type. Masks may be:

- based from clay or mud based for a deep cleaning or soothing action.
- based on essential oils
- setting masks which need to be gently peeled or lifted off the skin when set

Toning

Your therapist will then apply a toner or moisturizing creams according to your needs. The toner will help remove the mask, smooth down the pores and improve blood circulation to the skin surface. Overall, skin toners give the skin the glow that is associated with good health.

The moisturizer accelerates the cell renewal process by preventing loss of moisture and rehydrating the skin. Moisturizers usually contain vitamins and minerals to keep the skin healthy and minimize cellular build up on the skin.

Facial benefits

A facial is ultimately an indulgence that is also very relaxing. Furthermore, a facial allows you maintain a healthy and youthful looking skin. This is because a facial:

- removes dirt particles embedded in the skin which cannot be removed by washing alone. Instead a facial removes particles by opening the pores and extracting the particles.
- improves blood circulation in the face with a facial massage and supplying oxygen and nutrients to skin's epidermis and dermis.

How often should I get a facial?

Ideally, get a facial every four to six weeks because that's how long it takes the skin to regenerate. Try to have a facial at least four times a year, as the season changes. You may need it more frequently if you are trying to clear up a case of acne, especially at the beginning.

DRY SKIN

Avocado and Olive Oil Facial Mask

The nourishing attributes to this facial mask cannot be measured if you have dry skin. You'll love how your face feels when you are done.

Ingredients:

1/2 avocado
1 tablespoon olive oil

Instructions:

Mash the avocado and the olive oil together in a [bowl](#). Apply to your face and wait for 20 minutes. Rinse with warm water.

Brown Sugar and Milk Mask

Brown sugar will exfoliate your skin as the milk moisturizes it.

Ingredients:

1/4 cup brown sugar
1 - 2 tbsp milk, anything but skim

Instructions:

Mix the two ingredients well. Apply to freshly cleaned face and [massage](#) gently for a full minute - leave on for 15 minutes. Wash off with warm water and pat dry.

Egg Yolk, Honey and Olive Oil Facial Mask

The combination of egg, olive oil and honey makes a wonderful facial mask for dry skin types.

Ingredients:

1 [egg yolk](#)
1 tablespoon honey
1 teaspoon olive oil

Instructions:

Warm the honey. In a bowl, combine the ingredients, mix well. Apply the facial evenly to your face and neck. Leave on for 15 minutes and wash off with warm water.

NORMAL SKIN

Banana, Honey and Yogurt Facial Mask

Ingredients:

1/2 banana
2 tablespoons [yogurt](#)
1 tablespoon honey

Instructions:

Mash the banana with a fork then mix in honey and yogurt. Apply to your face evenly. Leave it on for 15-20 minutes. Rinse off with cool water or soft wash cloth.

Cornmeal Facial Scrub

Ingredients:

cornmeal
water

Instructions:

Mix [cornmeal](#) with enough water to make a paste. Apply to skin in a circular motion. Allow to dry and rinse off with cool water.

ANY SKIN TYPE

Avocado Facial Mask

Ingredients:

1/2 Avocado

Instructions:

Mash avocado and apply evenly to your face. Leave it on for 15-20 minutes. Rinse off with cool water or soft [wash cloth](#).

Banana Oatmeal Mask

Ingredients:

1 medium to large Banana; soft and peeled
1/3 to 1/2 cup oatmeal(depends on the size of the banana)

Instructions:

Mash the oatmeal into the soft peeled banana a little at a time. Continue until all of the oatmeal is moistened. Apply to your face evenly, leaving it on for 15-20 minutes. Rinse off with warm water or soft [wash cloth](#).

OILY SKIN

Apple Zinger Facial Mask

Use this on acne prone oily skin.

Ingredients:

1 medium size apple; grated
5 tablespoons of honey; warmed

Instructions:

Stir ingredients together. Apply to freshly cleaned face and leave on for 10 minutes. Wash off with warm water and pat dry.

Egg Whites and Lemon Facial Mask

Oil skin types will love how well this mask will work for them. Cleans pores and helps prevent and get rid of black heads.

Ingredients:

2 egg whites
1 teaspoon of lemon juice

Instructions:

Combine the [lemon juice](#) and egg white in a bowl. Beat until fluffy. Apply to your face, avoid getting too close to your eyes. Wait for 10-20 minutes and rinse off with warm water.

<http://www.free-make-up-tips.com/home-remedies/facial-masks.htm>

Gentle Oatmeal Face Mask: A good face mask for oily skin, this recipe is sufficient for one treatment and must be applied as soon as it is mixed. Mix 15 ml/1 tbsp runny honey and 1 egg yolk together in a small bowl, then slowly stir in enough (60 mL) oatmeal to make a soft paste. Smooth the mask in to the skin of the face and neck and leave for 15 minutes. Rinse off with lukewarm water and pat your skin dry.

PRINT OFF ARTICLES FROM THIS SITE

<http://www.buzzle.com/articles/homemade-facials/>

- students read their article and prepare a short 5 minute presentation for the class
- It can include a PPT to show an overview
- It can involve a model having the treatment done and the student explaining the mask/facial procedure and purpose
- Lots of options
- Looking at inquiry & communication