



## WRITING SAMPLE

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### 5 Things to Know About Facials

By Gretchen Heber

After a long week of hard work, sometimes you just deserve a treat, and few things say “reward” like a professional facial treatment.

Not only can facials feel spectacular, but these collections of skin treatments can be healing and beautifying for your skin, as well.

Before you schedule your special reward, here are five things to understand about facials.

#### **A facial may have many components**

Depending on where you go for your facial, you may receive different targeted services outside of a simple cleansing of the skin. A facial may include steam treatments to help remove dead skin cells, extractions to clear clogged pores or even facial massage to help with puffiness. Your aesthetician may also recommend a facial mask for a more in-depth cleaning or hydration.

At your request or your aesthetician’s recommendation, a peel might be used for chemical exfoliation of the skin at deeper levels than physical exfoliation can safely achieve. These peels can remove layers of damaged skin cells to reveal the fresher, younger-looking skin underneath.

Almost invariably, the process of a facial will include the application of various creams and/or lotions intended to hydrate, fade age spots or reduce the appearance of wrinkles depending on your concerns.

When you make an appointment for your facial, ask specifically what your facial will entail, and find out if you can customize your treatment for your specific needs.

## **Be mindful of your skin's sensitivities**

If your skin is sensitive, or you know it reacts when certain products are used, be sure to have a conversation with your aesthetician before your facial begins. Bring a list of skin care products you've safely used and a list of ones that have caused an adverse reaction.

It's also important to mention any food allergies you have, as many products are formulated with natural ingredients that may be food-based.

And as your treatment progresses, don't hesitate to mention anything that feels off, even if it's only the smallest tingle.

## **Prepare for your facial**

In addition to preparing product and allergy lists, you should also come up with a list of all medications you take and a rundown of previous skin treatments you've had.

In preparation for your professional facial, if you're in the habit of doing at-home facials, skip these for a week before your appointment and avoid doing any exfoliation or waxing treatments right before.

Avoid getting a tan or a sunburn in the days leading up to your facial. It's best if your aesthetician has a healthy slate to work on.

If you have a special event the same day or evening of your facial, be sure to let the office staff know in advance, so they don't plan any procedures that might cause redness or other sensitivity.

## **Don't be surprised if your skin looks extra rosy**

It's perfectly normal for your face to appear redder than usual immediately following a facial. Don't feel the need to put makeup on to hide the rosiness. If possible, head home after your treatment, relax and enjoy the glowy feeling of sparkling clean and well-treated skin.

Don't apply other creams or potions right away; just let the magic of your aesthetician do its work.

## **Make your results last**

You've just had an amazing facial. Your skin has never looked cleaner or felt fresher. How can you keep this feeling? The first step is to resist the temptation to run your fingers over your face — no matter how smooth it might feel — to avoid clogging your newly unclogged pores.

One of the best things you can do to extend the glow of your fresh facial is to drink lots of water — hydrated cells are happy cells and are able to perform their functions much better.

As with most things, too much of a good thing can be bad, so you should avoid at-home exfoliation for at least a week post-facial, especially if your facial featured any special exfoliating treatments. Too much exfoliation can cause acne breakouts or dryness and irritation.

And take a tip from the pros: When you apply your usual products, gently massage them into your skin. Facial massage can increase lymphatic drainage, ridding your skin of toxins, and increase circulation, bringing nutrients and oxygen to your skin.

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