

Chapter 1 : Listen To An Esthetician-How To Give Yourself A Facial

How to Give Yourself a Facial. In this Article: Cleansing and Exfoliating Finishing with a Mask and Moisturizer Community Q&A Have you ever treated yourself to a facial? A good facial starts with cleansing your face gently.

Double cleanse with a cleansing oil. Possibly the most important but overlooked part of any DIY skin treatment is a really good cleanse. The oil in the product attracts the oil as well as the dirt, make-up and debris on the skin surface. Use the right cleanser for your skin type: If you have oily skin you need a cleanser with a stronger surfactant degreasing agent and one that does not strip the skin of oils. These normally come in the form of a clay-based cleanser or a gel facial wash. If you have dry skin, you will need to use a milder cleanser with less surfactant. They often come in the form of a milky or creamy cleanser. For combination skin, the cleanser sits in the middle of the cleansing spectrum re surfactant and can be a light milky cleanser or a gel facial wash. If you have some sensitivity, choose a cleanser free of skin irritants. Using a facial brush or your fingers, work the cleanser into your skin in light circular motions from top to bottom or vice versa. Pay special attention to the areas where you have congestion such as the nose, forehead, neck or chin. Ensure you take your cleanser right up to your hair line and around to the back of your ears, under your jaw line and down the neck as these are common areas for congestion often due to poor cleansing. It should take about one minute to cleanse your skin. Advertisement It is essential to use the correct amount of product. If it is a gel, it is essential to mix it with sufficient water; otherwise the gel remains too concentrated and can result in irritation, dehydration or poor results. Whilst cleansing you can lightly steam the skin to soften and hydrate it, but make sure the steam is not too hot. If you have a facial brush machine use this with your second cleanse instead of massaging the cleanser with your fingers. Exfoliate Never use a harsh friction scrub exfoliant if you are sensitive or have infected spots lesions. I would recommend asking for professional advice when purchasing for an at-home treatment. Focus on blackheads, but not spots: If you want to try and remove blackheads, this is the time to do it. For the T-zone you may want to use a clay-based masque to draw out impurities, for the lips and eyes a hydrating masque for the dryness and fine lines, and on the cheeks and neck a multi vitamin masque to revitalise the skin. Leave the masque on for about 10 to 15 minutes. Then, wash it off the same way you remove your cleanser. Extra treatments Treatment products are now applied to target the special needs of your skin; these will be your boosters, serums, night-time clearing gels etc. Let them rest on the skin to absorb for a couple of minutes.

Chapter 2 : How to Give Yourself a Facial Massage | Activation Products

Welcome to a Bella mini-series on the mini-facial, where I'll detail specific fast skin recovery routines for those mornings where a face wash isn't enough.

Just look at all the love between me and my former boss. Because one time, five years ago, I went to a six month technical school and learned all about pimples and rashes and serums and masks. But then I went into laser hair removal and forgot all about that stuff. Is that even possible? I know, I asked myself the same thing. Turns out, it is. Just make sure what you get is skin specific. If you really want a deep clean though, use a Clarisonic. I love the Olay Cream Scrub with microbeads however if you want a chemical exfoliator you can make your own. All I did was blend around half a dozen strawberries with a quarter cup of milk. When I applied the mixture to their skin, the enzymes in the strawberries dissolved the dead cells and the milk helped to soothe the area after. Boil some water, dump it in the sink and put your face over it for two minutes. You can throw a towel over your head to create a tent so that the steam goes directly to your pores to open them up. Make sure to clean your extractor with alcohol before each use! If you have oily or acneic skin you need to get a mask with clay or sulfur to draw out impurities. Cosmedix makes one that also has salicylic acid in it to kill any bacteria left behind. We all love to be tan but the sun is murder on our skin. Depending on your tone, get something with a SPF. Anything above a 30 is just extra chemicals. Then I go to the pool all day and hope that it wears off just enough to get me some color. If you want to splurge on a fancy skincare product, go with an antioxidant serum from Skinceuticals. Antioxidants keep you looking younger for much longer by neutralizing free radicals which are the main culprits in causing damage to your skin. Skinceuticals carries the only line of antioxidants that are stabilized though and they need to be in order to work! It may cost a lot but you only need to apply it every three days so it lasts a long time. I love the way it tingles when it goes on. If not, well then look me up. Kelly I like where your heads at. DQ This was informative and helpful, thanks Kells!! But it makes me wonder what the alternative is. So much of your head is ears?? I guess like in the case of Theresa Guidice, so little of her head is face because her hair is devouring her forehead. I have a big forehead and was told that my expressions are overwhelming, thus making my face a little intense. I can see it. Jackie Oh god that picture is HI-larious!!!! And here I thought i successfully blocked out all the memories of that place. I wish that was photoshopped to show the lasers shooting out of your eyes into his face lol. I have heard over and over that applying any sort of toner before moisturizer is also necessary. Toner is really only used to remove any dirt and oil that your cleanser has left behind. Some people say that they rebalance the PH of your skin but your skin does that naturally over a matter of hours. If you have oily skin toners can be useful but many of them have alcohol which can be drying and then cause your oil glands to kick into over drive. My friend Lisa just turned me onto these cleansing pads [http: Going to try the Acne Stress Control for sure.](http://) I am not amused by my adult acne. Kelly Lucky us, right? I made it through all those bullshit teenage years only to be greeted with this nonsense in my thirties. Egg white masks and that crazy pinterest honey cinnamon scrub with lemon mask are probably just as useful as most stuff. Sunscreen, wash your face daily, and antioxidants sounds good. On a side note, much of your head really is face! I scrolled back up to look. A good skincare regime is as easy as going outside and letting a bird shit on your face. What is wrong with these people? It is so easy to get bird poop as long as you stand in the shade of a nice tree which you should be doing anyway to avoid the sun! Next thing you know they will be selling the free water we get from the tap in special bottles for lots of money ;-). Man we are such rubes, eh? I live in the Czech Republic, which has an extremely mild climate and very dry winters. This is in direct contrast to the humidity and damp winters I used to endure in Pennsylvania. So, for the first time I am dealing with dry skin. Do you recommend any specific creams or lotions that can help this out? I think in order to watch the video you may have to be a Time Warner subscriber. Do they have Time Warner in the Czech Republic? A humidifier will come in handy though and also avoiding super hot showers. Outside of that, get Cetaphil, the cleanser and the moisturizer.

Chapter 3 : 6 Ways to Give Yourself a Makeover - wikiHow

Every couple of weeks, set aside a bit of time to give yourself a relaxing salon-style facial at home. It'll help keep skin deep-down clean and super soft.

She has written numerous articles and blog posts on various topics for online publications and has also worked on an Internet news team. Ingredients for a natural facial at home. A facial can cleanse the skin, shrink pores, moisturize, reduce blemishes and tone your skin. Full facials can be expensive and time-consuming in a professional spa, but you can give yourself a spa facial at home at your own convenience and for far less expense -- most of the ingredients you are in your kitchen. Video of the Day Step 1 Put your face over steam to open your pores and loosen dead skin. You can boil a pot of water on the stove or fill your sink with hot water. Lean over the water, keeping your face about 12 inches away, and allow the steam to rise up into your skin for five minutes. Step 2 Wash your face with a gentle cleanser to remove impurities and clean out your pores. You can use a store-bought cleanser or make your own by combining 2 teaspoons of oatmeal, 2 teaspoons of dried milk and 1 teaspoon of powdered cinnamon. Rub this paste onto your face in circular motions, and then rinse away. Step 3 Exfoliate your skin to scrub away dead skin cells and soften your skin. Rub the exfoliating scrub onto your face in small circular motions, and then rinse it away. Step 4 Apply a mask to your face to moisturize, reduce oil and shrink pores. Combine 2 tablespoons of honey with 2 teaspoons of milk to make your own mask. If you have dry skin, combine a mashed avocado with a mashed banana. For acne-prone skin, grate an apple and combine it with 5 tablespoons of honey. Spread the mask onto your face. Leave it on for the next step. Step 5 Place a cucumber slice on each eye. This will soothe your eye area, reducing puffiness and dark under-eye circles. Wait 20 minutes, and then remove the cucumber slices and rinse away the mask with cool water. Step 6 Give yourself a facial massage to stimulate blood flow and provide relaxation. Using your fingertips to apply light pressure, begin at the middle of your forehead and make small circular motions, moving your fingertips toward your temples. Continue massaging your face around your eyes, nose, cheeks, mouth and chin. Step 7 Apply a moisturizer or cold cream to your face and neck. Look for a moisturizer that is specially formulated for your skin type, whether it is oily, dry or prone to blemishes. Step 8 Apply a toner to refresh and refine your skin. Juice a cucumber and use a cotton ball to rub the juice onto your skin.

Chapter 4 : How to give yourself a mini facial at home - Essential Beauty

Remove all makeup then cleanse your face with your trusted facial cleanser. Get steamy Pour hot water into a large bowl then place a towel over your head and the bowl.

She has written professionally for more than seven years. Stern regularly provides content for health-related and elder-care websites and has an associate and specialized business degree in health information management and technology. Perform facial exercises for a natural, surgery-free face lift. While age may take its toll, fight the battle against wrinkles, sagging jowls and chins and tired looking eyes by performing a variety of facial exercises on a daily basis. Remember that the face is made up of muscles, just like other parts of the body, and must be exercised to remain supple, firm and toned. Video of the Day Chin Lift Get rid of extra skin around the chin and front of the neck that often causes individuals to look years older than they really are. Slightly lift the chin, and using the index and middle finger, press gently into the neck where the chin meets the neck. Clenching the molars together, press your tongue against your bottom front teeth. Your fingers should now feel the contraction in the area you want to work, says Senta Maria Runge, author of Face Lifting by Exercise. Slowly increase the pressure of the tongue against the teeth for a count of 10 and then hold the maximum contraction for between five to 10 seconds. Ease the pressure of the tongue for another 10 seconds to return to the starting position. Do this exercise four or five times two to three times a day for maximum results. Relieve the tension in your facial muscles that may lead to wrinkles by performing a soothing massage on your forehead several times a day, suggests Jasmin Chua writing for Planet Green, a Discovery Channel company. Place your fingers in the middle of your forehead and brush the fingers toward your temples. Do this three times and then softly press the palms of your hands over your eye sockets. Allow the fingertips to gently sweep down the sides of your cheeks. Do this three times. Repeat the entire process three to five times for an effective stress-relief technique. Cheek Firming Exercise Sit comfortably and softly close the lips. Extend your lips as far out as you can, suggests Ageless. Hold the maximum pucker for about 10 seconds and then relax. Repeat this exercise about 10 to 20 times several times a day for optimal results.

Chapter 5 : How Do I Give Myself a Spa Facial? | calendrierdelascience.com

A facial can cleanse the skin, shrink pores, moisturize, reduce blemishes and tone your skin. Full facials can be expensive and time-consuming in a professional spa, but you can give yourself a spa facial at home at your own convenience and for far less expense -- most of the ingredients you are in your kitchen.

To restore tautness and elasticity? Take a few minutes just for yourself to relax, rejuvenate and restore? A facial massage is your one stop shop, my friend. Marnie Nussbaum, a New York-based cosmetic dermatologist, spoke to Bustle about the benefits of facial massage. If you push or pull too hard, you may not be tightening facial muscles so much as weakening the skin tissue, causing more fine lines and wrinkles. You want to have a clean work surface, so as not to rub-in any of the oils from that pizza you just ate. It also helps to apply a moisturizer or oil to your fingertips before you get started. Our favorite is amaranth oil for its high concentration of squalene, which keeps the skin moisturized and protects against toxins. Want to give it a try? Follow our step-by-step instructions below! Make sweeping motions across your forehead, moving towards the temples. Zig zag your fingers up and down your forehead, going against the grain of any fine lines or wrinkles. Make circular motions along the cheekbones, running towards the ears. Make sure to push your fingers up and out to avoid pulling the skin down. Sweep wide circles along your jaw, past the corners of the mouth next to your nostrils, and up toward the cheekbones. Tap lightly under the eyes this helps bring down puffiness. Draw wide circles sweeping from under the ears, down toward the throat, and up along the jaw line this helps drain the lymph nodes. Repeat this circuit a few times, remembering to use upward strokes and gentle touch. Feel free to light a candle and put on some soothing music at the same time to make it particularly spa-like. This unique pressing process ensures zero damage to the nutritional properties of the grain.

Chapter 6 : How to Give Yourself a Facial at Home | HowStuffWorks

This includes: 2 slices of cucumber or freshly steeped and cooled tea bags, a facial cleanser, a facial exfoliator, and facial mask all listed above. Turn on relaxing music and clear a place to relax and lie down when your mask is working.

Chapter 7 : How To Give Yourself A Mini Facial!!! â€œ MakeMePrettyPlz

While professional facials will cost you a pretty penny, there are plenty of spa-worthy products on the market that are perfect for giving yourself an inexpensive at-home facial. Here's how you can give yourself a lovely at-home facial in just 5 easy steps.

Chapter 8 : Give Yourself a Lymphatic Drainage Facial | Martha Stewart

Give Yourself an At-Home Mini Facial With Rodan + Fields April 15, Marissa Pomerance If you're like me, you probably spent these recent rainy days inside, watching Netflix and enjoying the brief reprieve from what will probably be a very warm Spring.

Chapter 9 : How to give yourself a proper facial at home - Vogue Australia

Why pay for one when you can do a facial yourself at home? This basic five-step facial can be done once a week and works on all skin types including oily, dry, and combination skin. Gather your favorite products, and keep in mind that many skincare items are easy to make at home as well.