



Do-it-yourself facial

Obviously it goes without saying that a Professional salon facial is the crème del a crème for your skin as there are specialised products and ingredients that they as a professional can access to make your facial truly an amazing experience for your skin.

But as the Christmas period looms, a lot of people have asked how they can do a facial for themselves at home between treatments. So here is my step by step DIY facial.

Step-by-step home facial

Pamper yourself with an at-home facial at least once (if not twice) a month.

What you will need

Cleanser (EarthSentials Cleansing Milk, or Cleansing Emulsion or S.K.I.N.fresh Be fresh Cleanser or Feel fresh Cleanser.)

Toner

Exfoliator

Mask (we have lots of specialised masks available)

Moisturiser

Eye Cream

Lip Balm

Essential oil (lavender or one of our specialised oils for your skin conditions)

Face cloth

Eye pads

Basin / Large bowl

Towel

Tissues



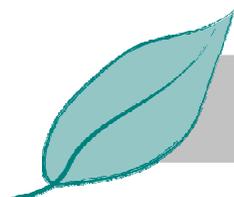
A facial for your skin type

Tailor your facial for your skin's needs.

Dry skin: If your skin is dry/dehydrated always avoid alcohol-based toners, as they can dry out the skin. You will be safe with EarthSentials and S.K.I.N. fresh toners as we do not use any alcohol. Limit your steaming time to just one minute or so.

Acne-prone and oily skin: Exfoliate once a week with a grainy scrub. (If the condition is serious, seek medical advice before treating yourself and don't forget to see your EarthSentials specialist.) If you have enlarged pores, make sure you cleanse your skin thoroughly every day, using the lavender compressing technique (see Step 1 below).

Combination skin: Figure out whether your skin needs moisture (usually the cheeks, forehead and neck) and where it's oilier (generally the nose, chin and sometimes the forehead) and try using a different mask for different parts of your face. Go for a clay-based mask for the oily T-zone (clay absorbs oil and impurities – ask us about any of our 7 facial clays) and opt for a more hydrating mask for the drier parts of your complexion, by using our Rehydrating activator into your mask and even a ¼ tsp of moisturiser with water mixed together. Be aware that the weather, stress, pollution and your hormones can change the balance of moisture in your skin.



S.K.I.N. fresh beauty bar



How to...

1

Cleanse

Fill the sink or large basin with warm water and add about five drops of lavender essential oil. Soak your face cloth in the warm water and press it all over your skin, deeply inhaling the aroma of the lavender oil. Using small circular motions, massage cleanser into your skin.

Rinse off with warm lavender water. Finally, to complete the cleansing process, spritz your skin with a refreshing spray toner or sweep a toner-soaked cotton pad over your face and neck, or spritz the skin with our toner.



2

Exfoliate

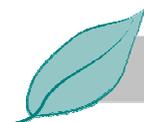
Exfoliating removes dry, dead surface cells, speeds cell turnover and makes skin smoother and less prone to dryness and breakouts. There are two ways you can exfoliate: manually scrub with an exfoliator that uses tiny granules to buff away dead cells— exfoliate your skin.



3

Steam

Steaming prepares the skin for the benefits of a mask. A few minutes in a warm shower will do the job, but you can also fill a large basin with hot water and place a towel over your head for five minutes while you allow the steam to soften and hydrate your skin. Add a few drops of lavender or our specialised oil for your skin. Pat your skin dry.



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For more information or to have a FREE skin diagnosis at our Academy call 07 38811977

4

Mask

A mask is effectively the treatment part of the facial and it's important to get the prescription for the condition of your skin – hydrating for dry skin; soothing for red, irritated skin; anti-ageing for older skin; calming, antibacterial for acne prone skin. Mix the mask with water and Rehydrating activator. While your skin is a little damp, apply the mask by massaging it in small circular motions all over your face, neck and décolletage, or apply with a brush. Soak two eye pads in a gently toner and place them over your eyes. Lie down for 10 - 15 minutes to allow the treatment to penetrate the skin. Once the mask is set, remove it using warm water and a face cloth, then pat your face dry with a tissue.



5

Super-boost

Massage a treatment into your skin before applying the mask. Use EarthSentials Organic Rosehip oil, formulated for your skin by our therapists, or choose to use your Be fresh or Feel fresh night treatment. Massage it into the skin and then apply your mask over the treatment.



6

Moisturise

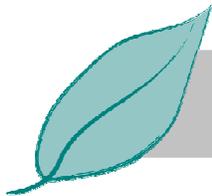
Once the skin had absorbed the serum, it is time to nourish it with a moisturiser. After a facial, it is best to use a product that is richer than your normal daily moisturiser to boost the treatment benefits. EarthSentials has 6 different moisturisers - S.K.I.N. Be fresh for normal, dry or ageing skin, the S.K.I.N. Feel fresh moisturiser for oily, combination skin or our customised EarthSentials Natural or Lite Moisturiser or Intensive Moisture repair. A serum mixed with your moisturiser will give the best results and boost the skin. Use our Rejuvaskin serum for best results, as it can also be used around the eye area.



7

Special care

Don't forget the delicate skin on your lips and around your eyes. Apply a lip balm or eye cream/ Rejuvaskin serum after your facial – go for something rich and emollient rather than a gel formula- a gel is fine for daily use, but not as hydrating as a cream, or intense as a serum.



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