

A New Face Every Month

Did you know it takes about 4 weeks for your face to move through the full life cycle of skin cells exfoliating and rejuvenating? So effectively every 4 weeks you practically have a new face 😊

However in those 30 days you probably choke your cells with creams, make up, chemicals, oils and dirt from your hands, environmental pollution and more.

All of these toxic layers build up and suffocate your pores and cells that are trying to rejuvenate. This all makes your body work harder to try and come back to a healthy status as we are adding more pressure to its natural role. This is why those ladies that invest in a facial minimum once a month always have a certain glow over those that don't. They seem to look fresher, younger and healthier.

Why?

Well the reason why is the aesthetician they are visiting has all the skills and tools to support your skin heal from breakouts and sun damage from heat and humidity AND dry and flakiness from cold wintery air.

A visit approximately every 4 weeks will ensure your skin stays hydrated, toned and bright looking.

Regardless of whether you go once a month, or once a season – there are some things you can do at home to prolong the benefits of your facial, support your skin and make sure that you're getting the best return on your skin investment.

Cleanse daily with a PH balance product that your aesthetician recommends as they will select one that suits your skin type and works in conjunction with the type of facial you have received.

Be gentle on your face and don't be too vigorous – your aesthetician has already given you a deep clean, there is no need for you to rough your face up. They have given you an amazing glow so let's just support it rather than strip it away.

Understand that if you have had a chemical treatment on your face, then the skin can be more sensitive to sunlight so check with your practitioner as to what products to use and avoid as you transition through this period. For example some sunscreens can irritate your skin post chemical treatments.

Finally, sometimes we are lead to believe (with phrases such as “if its too good to be true, then it probably is”) that the pampering bliss you get from a fantastic facial isn’t something you should do all the time.

It’s a treat and we were always told to limit our treats, no?

Well hold on to your hats ladies – this treat is one that you can indulge in every month and not only feel fabulous but invest in it knowing that your are taking the right steps into ensuring your gorgeous face remains glowing and thankful for you taking the time to look after it.

Remember to love the skin you’re in. Treat it well and you will look and feel amazing for years to come.