

Speak Up! Communicating with Your Esthetician

Communication is vital in all walks of life, but when you're in a situation that's as personal as being in an esthetician's clinic or a spa, you can feel vulnerable, especially if you haven't had a treatment before. That's why we recommend talking...

All good estheticians are trained to be able to ask you the important things; whether you have any health conditions, what you need from your treatment and if there are any allergies for example. But communication works both ways and goes much deeper than discussing the weather. It's your skincare session or spa treatment, you need to feel at ease in saying what you feel and your therapist needs to make it easy for you to do so.

Get to know your therapist before you start; a chat beforehand is always a good thing. Just check in with the person who is about to treat you on anything that's concerning you. Do you have preferences or sensitive areas? Tell the therapist right from the start. If you're having a treatment with scented products, are there any ingredients or scents that you really don't like? Let somebody know so that we can find something suitable.

Once you are in the treatment room, don't be afraid to mention your comfort levels. Your therapist wants you to have a good treatment as much as you do, so if you are worried about anything, speak up. If you're too cold or hot, ask them to adjust the temperature if you can. Don't like the music? You don't have to listen to it. If the pressure is too much or not enough, just say so. Ask as many questions as you need to; your therapist will be trained to answer any queries and put your mind at rest about anything that might be concerning you. We want you to relax!

At the same time, if you don't actually want to make conversation with your esthetician while you are being treated, don't. It's your relaxation time, some people get stressed out by small talk but others love to chat. Your therapist will be guided by you. Having said that, if we have to ask you to be quiet while we're carrying out a facial treatment or something that needs to you stay still, please don't take it personally!

The take away from this is that your treatment is as individual as you are. You just need to tell us what you want from your session and we'll do our utmost to make sure that you get the treatment that you really need.