

8 Steps to Facial Esthetics

Now that many of us spend most of our time at home, beauty experts are teaching us professional beauty tips that we can practice at home.



There is nothing that can make you feel more relaxed and luxurious than a facial beauty treatment. Now that you spend so much time at home, why not enjoy a spa-like facial beauty treatment at home?

"What I call at-home facial care is more than just regular care," says Olga Lorencin, celebrity esthetician and founder of Olga Lorencin Skincare. "It's good to do it once a week at home," says Yuki, founder of L&L Skin, adding that now is the perfect time to find your favorite facial care. However, no matter how much time you have, facial treatments should only be an occasional treat.

We asked some beauty experts to tell us more about how we can practice facial beauty treatments at home.

1. Create a relaxing atmosphere

If you can't go to a beauty salon, you can create a relaxing atmosphere and turn your home into a beauty salon. It may seem like a small thing, but reducing stress can actually have an effect on your beauty regimen.

For this reason, Ms. Lorencin recommends taking a bath with Epsom salts. If you don't feel like taking a full body bath, you can take a foot bath. If you don't feel like taking a full body bath, you can take a footbath. "It's good for the pressure points on your feet and it's very relaxing," Chang says.

If you want to relax even more, Chang and Lorencin both recommend adding a few drops of lavender essential oil (or whatever other oil you like). And don't forget your favorite candle and some soothing music.

2. Cleanse Carefully

Whatever you do, the first thing you need to do is to make sure your skin is clean. If there is anything left on your face, the effect of your facial beauty treatment will be reduced by half. In order to make your skin as clean as possible, double cleansing is recommended.

"First, wash your face with an oil-based cleanser, and then use a less oily cleanser," says Lorencin. The oil-based cleanser removes makeup and sebum, while the water-based cleanser removes sweat and dirt, leaving your skin shiny and ready for the beauty treatment.

3. Steam on the skin

If you are a fan of facial esthetics, you know that most estheticians apply steam to the skin in some way. The steam opens up the pores, softens the surface of the skin, and makes it easier to remove dead skin cells, according to Chang.

When you steam your face at home, don't overdo it and dry it out. According to Chan, there are two ways to steam at home (safely!). According to Chan, there are two ways to steam at home (safely!). One is to wrap your head in a towel and steam your face over a bowl of hot water. The other is to place a towel soaked in hot water on your face, just enough to prevent burning.

4. Exfoliate your skin to make it smooth and shiny

A good home facial beauty treatment (or facial beauty treatment in general) is one that can remove dead skin cells and make your skin glow. Both Chan and Loren Singh recommend exfoliating with enzymes and chemical products. Natural scrubs, for example, "leave very tiny scars on the face. These are very small grains" that can cause tingling and even inflammation.

Exfoliate in this way, and you have a perfect canvas for facial beauty treatments. According to Chang, exfoliation opens up the pores and smoothes the skin. Try using enzymes or chemical products to exfoliate the skin, focusing on the T-zone and other areas that have a lot of sebum and tend to clog pores.

5. Massage with face mask

It's hard to feel like an esthetician without a face mask. You can use any product that suits your skin's needs, but after exfoliating, your pores will be open, so a detoxifying mask (such as a clay mask or charcoal mask) is recommended, says Ms. Chang.

To make your home more like a beauty salon, massage the face mask for a few minutes before spreading it on your skin. "If the face mask is rather thick, wet your fingers with lukewarm water, or for a more special touch, wet your fingers with warm green tea," Lorencin says. "Then, massage the pack into your face. This is very effective and will brighten your skin.

The face pack should be applied for 15 to 20 minutes. "If you can, sit in the bathtub or take a warm shower so that the steam can moisturize the pack on your face," says Lorencin.

6. Moisturize your skin

One of the biggest keys to giving your skin a glow is to use a quality moisturizer. After taking off the mask, use your favorite serum or moisturizer to lock in the moisture. Again, if you want to make your home more like a beauty salon, mix a few drops of serum into the moisturizer, says Lorencin.

And to go one step further in moisturizing, you can use a massage tool such as a roller or spatula. In addition to reducing facial swelling, it can also revitalize the skin, stimulate collagen production and cell turnover, Chang says. "Facial massage is very helpful for the health of your facial muscles, it's like a gym for your skin.

7. Massage with skincare devices

Use MIO2 Face Lifting Device & Guasha Facial Massager featured with 45 °C mild heat to open the pores, supplemented by vibration massage, it can promote blood circulation, micro-current to lift, can make the skin care products quickly penetrate into the muscle, to increase the skin elasticity, activate the skin cell.

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8. Skip the extractions.

Exfoliation (unclogging of pores) is highly satisfying when done at an esthetician. But doing it at home is not recommended," says Chang. "If it's not clean or not removed completely, it can cause infection. So, it is wise to leave this to the professionals. Similarly, micro-kneading can also damage the skin and cause infections, so it should be left to professionals.