

STEAM & DEEP CLEANSING FACIAL FACIAL

What is a Steam Facial?

Warm, gentle steam is applied to the face to open pores. Extraction therapy is then carried out to remove blackheads and reduce minor breakouts.

What are the Treatment benefits?

- Blackhead removal
- Milia removal
- Reduces enlarged pores
- Helps to clean clogged pores
- Minor breakout prevention
- Reduces congestion within the skin
- Gives clarity to skin, using the right products
- Gives a smoother, clean, and clear complexion

How many sessions will I need?

Monthly steam and extraction sessions are recommended to achieve best results. The frequency can vary with each person's individual skin type and response to treatment.

Are there any side-effects?

Side effects may include:

- Mild temporary tenderness
- Redness

A deep cleansing facial is a skincare treatment that goes beyond basic cleansing to thoroughly cleanse the skin, remove impurities, and address specific skincare concerns. Here are some potential benefits associated with deep cleansing facials:

Removal of Impurities:

Deep cleansing facials effectively remove dirt, oil, and other impurities that accumulate on the skin's surface. This can help prevent clogged pores, breakouts, and blackheads

- **Exfoliation:**

Many deep cleansing facials include exfoliation, which helps slough off dead skin cells. Exfoliation can improve skin texture, promote cell turnover, and leave the skin looking refreshed and radiant.

- **Unclogging Pores:**

Through techniques such as steaming and extractions, deep cleansing facials can help unclog pores by removing excess sebum, debris, and impurities. This can contribute to a clearer complexion.

- **Prevention of Breakouts:**

By thoroughly cleaning the skin and removing pore-clogging substances, deep cleansing facials can help prevent acne breakouts and reduce the likelihood of new blemishes.

- **Improved Absorption of Skincare Products:**

Cleansing the skin deeply enhances its ability to absorb subsequent skincare products, such as serums and moisturisers. This ensures that active ingredients penetrate effectively and provide maximum benefits.

- **Balancing Oil Production:**

Deep cleansing facials can help balance oil production, making them suitable for individuals with oily or combination skin. Proper oil balance is crucial for preventing excessive shine and minimising the risk of acne.

- **Stimulation of Circulation:**

Facial massage, often included in deep cleansing facials, can stimulate blood circulation. Improved circulation helps deliver oxygen and nutrients to the skin cells, promoting a healthy and vibrant complexion.

- **Relaxation and Stress Reduction:**

Deep cleansing facials often include relaxation techniques, such as massage or aromatherapy. These elements contribute to stress reduction, which can positively impact the skin's overall health and appearance.

- **Customisation for Skin Type:**

Skincare professionals can tailor deep cleansing facials to suit different skin types and address specific concerns. This customisation ensures that the treatment is effective and well-suited to individual needs.

- **Enhanced Hydration:**

Some deep cleansing facials incorporate hydrating masks or serums to replenish the skin's moisture levels. This is particularly beneficial for individuals with dry or dehydrated skin.