

"Fall" into Facials!

Revitalize, Refine & Restore

By Donna Straff and Jill Roggio

We all read PhillyFit because we want to be "fit" - inside and out! We take care of ourselves by exercising and eating healthy because it makes us feel good and look younger. You can apply that same "fit" philosophy to skin care.



Facials are a vital step towards healthy balanced well maintained skin and a great alternative to expensive surgeries, botox, collagen injections and chemical/laser peels. A facial is a professional skin care treatment that is per-

formed by a licensed skin professional called an esthetician. Once thought of as a luxury, facials have become an integral part of a normal healthy skin care regimen.

Fall is a great time to start a healthy skin care routine! The summer sun and heat can dehydrate skin leaving it dry and listless. A facial can rejuvenate your skin, wake up a sluggish circulation, reduce puffiness around the eyes and enrich your complexion with radiant good health. Facials are also deeply soothing - some believe they can be as good for your mood as they are for your skin. Most facials include a massage of the face, neck, shoulders, arms and hands which is very relaxing. By starting your healthy skin care routine now - you can have a healthy glow by the holidays!

WHAT DOES A FACIAL INVOLVE?

There are six steps to most facials: cleansing, exfoliation, massage, mask, toning and moisturizing. Facials thoroughly cleanse your face and remove the top dead layers of the skin resulting in beautiful and glowing skin.

A facial helps in faster cell renewal and relaxes the muscles of the face. Facials can also treat problems like dark patches, acne, restoring skin color and toning the skin.



HOW OFTEN?

The skin's cells regenerate every 21 - 28 days so it makes sense for a facial maintenance program to be scheduled every four to six weeks to remove any build up of dead cells. Some treatments initially need to have visits closer together until a maintenance program can start.

Most facials start off with a detailed assessment of your skin type and maintenance plan by your esthetician. Your esthetician will use products best suited to you and will advise on a regular cleansing routine for you to follow at home.

OVERALL BENEFITS OF FACIALS:

- Restoring your skin's health
- Hydrating and nourishing the skin to prevent wrinkles
- Relaxing tight, over-used facial muscles that cause deep lines
- Relaxing your mind and reenergizing your soul
- Bringing oxygen and blood circulation to facial muscles
- Stimulating new collagen and elastin through cell renewal
- Removing dead cells that cause a dull complexion
- Educating you on how to properly take care of your skin

There are many salons and spas with a skincare specialist near you. You can refer to the May/June edition of PhillyFit on "How To Choose The Right Salon For You" to determine which salon/spa fits your needs. Get your skin "fit" for the holidays and "fall" into facials this season!

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