

FACIAL MASSAGE

Facial Regime

Therapists and skincare companies can take different approaches to facial regimes, the number of products in their ranges and how often you should use things. You know your skin best, tweak things to suit you.

Cleanse

Cleansers dissolve dirt, bacteria, make up, unclog pores and removes excess oils. People with oily skins should cleanse morning and evening and those with dry/sensitive skins should cleanse in the evening and just use a toner in the morning.

Cream cleanser or facial wash?

Often chosen as a matter of preference, cream cleansers are good for evening use and washes for morning use.

Cream cleanser: warm the cleanser between your hands and apply using upwards strokes from the décolleté, then massage well using small circular movements. Remove with cotton pads, facial sponges or cloths soaked in warm water for a deeper clean.

Facial wash: activate wash between hands, apply from chin upwards in circular motions, wash off.

Tone

Toners ensure complete removal of cleanser, re-balances the skin's pH levels and refines skin texture. Some help to add moisture, some refresh and help with oil reduction.

Spray onto damp cotton pads, sweep over face, then pat dry.

Moisturise

Use a moisturiser or facial oil to hydrate, smooth and soften skin. Good products contain antioxidants, create a protective barrier and help skin to control secretion of oil.

Warm product in hands and apply using upward strokes from the décolleté. For men and those with oily complexions warm a small amount in hands and press onto the skin, it will take what it needs.

Treat

Once a week it is important to exfoliate and use a facial mask after cleansing.

Scrubs: help to remove dead skin cells and unblock pores, skin will look fresher and more radiant. For men regular exfoliation helps prevent ingrown hairs.

Exfoliate with care applying to skin in light circular movements. Remove with facial sponges or a damp warm cloth. Follow with a toner and whilst the skin is still damp apply a facial mask suitable for your skin type.

Masks: work better with generous application, they rejuvenate, refine and give the skin a natural face lift.

Clay based: help to draw out impurities, detoxify, improve circulation, is rejuvenating and anti-ageing. Best for oily, combination and normal skins.

Aloe based: are nourishing, soothing, calming and healing. Ideal for normal, mature, dry and sensitive skins.

Remove after 10 minutes with facial sponges or a damp warm cloth. Apply toner, followed by moisturiser, facial oil or serum.



Quick 3 minute facial massage

Warm moisturiser, facial oil or serum in your hands. Then using upwards movements apply a thin layer of your chosen medium to neck and face, enough to let the hands glide over the skin without dragging.

- Turn head to one side and using upwards movements slide your hands up the length of your neck. Repeat on the other side
- Use knuckles to massage the neck.
- Starting from the chin place the index finger above the jawline and thumb below. Press and slide finger/thumb along the jaw line from the chin to the base of your ears x 3.
- Again starting from chin, place thumbs under chin and rest fingers on cheeks. Press thumbs into the muscle underneath the chin and make a circular movement with thumbs, move a few mm outwards and repeat working outwards towards the ears.
- Use all fingertips to tap along the jawline, again starting from the chin working outwards x 3.
- Use knuckles to massage the face starting from the bottom upwards and centre out, avoiding the eye area.
- Use all fingertips to tap your skin, again bottom up and centre out, avoiding the eye area.
- Place the flats of your fingers on your forehead and gently stroke outwards towards your temples.
- Starting from the bridge of the nose, pinch eyebrows and repeat right across the brow x 3.
- Use your ring fingers to gently circle your eye contours, starting from either side of the nose and working outwards x 6.
- Finish with long soothing upward strokes, starting from the neck upwards.
- Place index and middle fingers at the temples press gently and inhale x 3.