

FACIAL AT HOME

LEARN HOW TO GIVE
YOURSELF A FACIAL
AT HOME



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Instructions

***Side note**

Before we get into this guide you will see I have not recommend steaming your face in an attempt to remove your blackheads.

You should always get your blackheads removed professionally from a licensed beauty therapist because they use the right equipment and professional products to remove the blackheads. If you try to steam your face yourself and attempt to remove your blackheads you may end up damaging your skin.

I also recommend having a professional facial every 6 weeks to help maintain skin tone keep the skin clean of impurities.

Now with the side note out of the way all you need is half an hour and some key things to emerge with a clean relaxed and fresh looking face.

Things you would need

- Cleanser
- Scrub z
- Mask
- Toner
- Moisturizer
- Cotton wool
- Sponges
- Luke warm water
- Towels
- bowl
- Hair clips or a head band



Step by Step Guide

Step 1

Pull your hair back either using a hair clip or rubber band so that the hair is out of your face.



Step 2

Remove any traces of eye make up with a suitable make up remover. Do this using two cotton pads with the eye maker remover and wipe the eyes clean.





Step 3

Cleansing

Now double cleanse the skin twice.

Take the cleanser and massage into your face and neck for about a minute and then rinse off with luke warm water.



Step 4

Exfoliation

Apply the scrub on damp hands and then massage on to your face and neck in a gentle circular movement avoiding the eye area. Do this for about 45 seconds and then rinse with luke warm water. The use of the scrub will help to remove dead skin cells.



Step 5

Mask

Now it is time to apply the mask.

Apply the mask first over the cheeks and nose then spread it to your chin and forehead area.. Once you have covered the entire face relax for 15 minutes by either placing cucumber slices over the eyes or some damp cotton pads.



Step 6

After about 15 minutes remove the mask with a damp sponge and then rinse with warm water making sure you remove all trace.

Finish of the facial with a toner, moisturizer and a good sun block.



Tip

Before performing the facial at home ask your beautician for advice on recommended products to use based upon your skin type.