



# Skincare Treatments Information and Care

### **Facials:**

Express Facial	(30 minutes)	\$50
Custom Facial	(50 minutes)	\$75
Men's Facial	(50 minutes)	\$75
O <sub>2</sub> Facial	(50 minutes)	\$100
Anti-Aging Facial	(50 minutes)	\$115

### **Custom Chemical Resurfacing (Peels):**

Basic Peel	\$85
Advanced Peel	\$105

### **Add On Treatments:**

Mild Facial Peel added to any Facial	\$40	Eye Lift Treatment Add-on	\$25
Rejuvenating Hand Peel	\$35	Lip Treatment Add-on	\$10

**What to Expect:** Beautiful skin starts with healthy skin and facial treatments are a way to ensure healthy skin. They provide deep cleansing, hydration and exfoliation to soften and smooth the skin. They also provide anti-aging benefits by increasing blood circulation and skin cell turnover. To maintain and improve your skin, an effective, professional pharmaceutical skincare regime is essential. This can not be accomplished by traditional over-the-counter products. Your participation in your skin care treatments will determine their outcome. It is important that you are consistent with your prescribed home care regime and use only skin care products recommended by your esthetician. It is also important to report any changes in health, diet, lifestyle or reaction to products.

You should expect a peaceful and comfortable environment for your service or treatment. You should be able to forget about work, school or daily life stresses. Therefore, please notify me of any distractions, whether from physical discomfort, room temperature, music volume, or any other source.

**Before Your Session:** Please notify your esthetician of any over-the-counter or prescription products you have been using for your face, especially products such as Accutane, Tazorac, Retin-A, Renova, Differin, or facial products containing alpha-hydroxy acids (AHA), such as glycolic acids, or beta-hydroxy acid (BHA), such as salicylic acid. If you are using any of these medications, it is recommended you consult with your physician or healthcare provider prior to receiving any facial treatments.

**Basic Steps of a Facial:** A facial cleans, exfoliates and nourishes the skin to promote clear, well-hydrated skin.

Your esthetician will conduct a brief consultation to evaluate your medical history and reasons for electing the skincare treatment. You will have a chance to ask questions about the procedure and discuss expected outcomes and follow-up care.

- **Skin Analysis:** The esthetician covers your eyes and looks at your skin through a brightly lit magnifying lamp that reveals various skin conditions.
- **Cleansing:** A facial begins with cleansing with cotton pads or sponges and a product chosen for your skin type (normal, dry, oily, combination, sensitive, mature.).
- **Exfoliation:** Treatment process of using either a mechanical or chemical exfoliant. Mechanical exfoliation has a gritty texture and usually happens while a steam vapor is directed at your face. Chemical exfoliation, or chemical resurfacing (peel), can be a stand-alone treatment or part of the facial. It is generally an upgrade service and recommended to be done in series of treatments for maximum results.
- **Extraction:** Process of removing blackheads or whiteheads if you want and/or need it.
- **Facial Massage**
- **Mask:** Targeted to your specific skin type.
- **Moisturizer/Sunscreen**

**After Your Session:** Facials and peels purge the skin of impurities and will continue to do so as they promote new cell growth and remove dead layers of skin. Drink plenty of water to encourage this deep cleansing. Avoid sun exposure and wear sunscreen. With the skin stimulated to regenerate fresh skin cells it is best to stay in a healthy environment that won't damage the new cells. Avoid excessive sun exposure and smoky air when possible.

## **Chemical Resurfacing (Peels)**

Chemical resurfacing, referred to as a “Chemical Peel”, is a process of applying a chemical solution targeted to a client’s specific skin type to remove the outer, “dead”, layers of the skin or epidermis. Superficial peels allow the epidermis to become more permeable to nutrients. In addition, peels help stimulate the formation of collagen, elastin and hyaluronic acid to reduce fine lines, smooth the skin, reduce the appearance of scars, give a softer, suppler appearance and help reduce uneven pigmentation. When performed properly, a superficial peel does not induce downtime. Mild redness may develop on the skin immediately after a peel application and produce mild to moderate flaking 3-5 days post-treatment, but should not interfere with your day-to-day life.

**Before Your Session:** Use of certain medications, products and/or treatments prior to your peel may increase skin sensitivity and cause stronger, or adverse, reactions. If you have any questions regarding the safety of the procedure with medications you are taking, you should avoid the chemical peel until you can consult with your physician or healthcare provider. The following should be considered prior to scheduling a chemical peel:

### **Precautions:**

- This treatment may cause increased sensitivity to the skin depending on the skin type and home care regimen. Side effects may include, but are not limited to tingling or stinging sensation, itching-irritation, redness, swelling, tightness, peeling and scabbing of the skin
- Discontinue the use of any topical prescription face creams 7 days before and after treatment
- Don’t scrub, pick or rub your skin after treatment, which can lead to scarring
- Avoid the sun or tanning beds for at least 48 hours before and after
- Avoid waxing or depilatories 48 hours before and 7 days after treatment
- Avoid sweating, exercising, hot baths or hot showers for 24 hours after
- A broad spectrum sunscreen is recommended daily pre & post treatment
- A Post Treatment Kit is mandatory following every peeling treatment

### **Contraindications:**

- The use of isotretinoin (Accutane) in the past 12 months
- The use of prescription Keratolytics within past 7 days:
  - \* Retin-A/Renova, Azelex (Azelaic Acid), Tazorac (Tazarotene), Differin (Adapalene)
- The current use of Hydrocortisone
- Any known allergies or sensitivities to products or ingredients
- Allergy to aspirin (salicylic peels)
- Currently being treated for a facial skin disease by a dermatologist
- Currently being treated for severe systemic or autoimmune disease. Must consult with their physician prior to treatment.
- Infectious diseases
- Herpes simplex (cold sores) or active infection (must use a prophylactic prior to treatment)
- History of hypertrophic scar formation
- Pregnancy, breastfeeding
- Obsessive pickers
- Diabetics for some peels
- Visible redness, irritation or inflammation
- History of extremely reactive skin
- Moderate to severe Rosacea or current flare-ups
- Sunburned, wind-burned, or severely dehydrated with irritation
- Broken skin or scrapes
- Open sores, suspicious lesions, bleeding, or basal cell carcinoma
- History of radiation to the region
- Laser resurfacing, chemical peels, or dermabrasion
- Recent cosmetic injections within 5 days
- Any recent cosmetic surgery. Must consult with physician prior to treatment

**During Your Session:** Depending on your treatment, you may experience a temporary warm, tingling and/or itching sensation. The solution will be left on for a length of time depending on your skin type and condition and strength of peel used.

**After Your Session:** During the following few hours, you may experience some tightening of the skin which may last for several days. Depending on applications and products used, your face also may appear pink to slightly red but should look normal the next day.

- It is recommended that you stay well hydrated following your treatment.
- It's imperative that you use a sunscreen with an SPF of at least 15. Avoid sun exposure as much as possible and do not use tanning beds. Diligently apply the mandatory Post Treatment Kit products and follow the skincare regime as recommended.
- For most, a light flaking will begin within 48 hours and may last only a few days. It is impossible to predetermine how much peeling will occur. Following up with the recommended skincare products along with sunscreen will help keep the new skin hydrated. With deeper penetrating and more active solutions your skin may feel tight and dry and may result in sensitivity for several hours after the procedure.

**For Best Results:** To get the best and most effective results from your peel, I recommend a series of six (6) peels, one to two weeks apart. After a series of six (6) peels, you can have a once monthly maintenance peel or wait at least three months before undergoing another series of peels.

If you should have any questions regarding any of these skincare treatments, or to book your next appointment, please contact Crystal's Essentials at [info@CrystalsEssentials.com](mailto:info@CrystalsEssentials.com) or 940-383-9717.

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