

# Frequently Asked Questions About Facial Services

*At A Shear Thing Salon*

## **Why do I need facials?**

A regular facial routine is more about skin health and maintenance than it is about luxury or pampering, although many do find it to be a relaxing, enjoyable experience. Facial services help increase circulation and stimulate the skin. They can also help slow down premature aging and drastically improve conditions such as acne, redness and Rosacea. Facials are a great preventative treatment to help you beat wrinkles before they occur, and can also help you achieve lighter, brighter, younger-looking skin. In addition to healthier skin, many men enjoy regular facials to help minimize irritation, redness, ingrown hairs, and razor burn associated with shaving.

## **Why do I need a professional skin therapist?**

For the same reason doctor and dentist check-ups are necessary: for better health! Skin is a living part of your body (your largest organ, in fact), that defends against environmental assaults and extreme temperatures. It helps eliminate toxins from the body, and it is continually renewing and protecting.

To look at feel its best, your skin needs personal attention from a professional. A Shear Thing Salon features licensed estheticians, who are intensely educated skin-health experts. They have the answers to your most pressing skin-care concerns. They know how to deliver real, visible results. They are trained to deliver the specific Dermalogica professional skin treatments that will target your specific needs, and prescribe the products that will help maintain your optimum skin health at home in between facials.

## **How soon will I start seeing results from my facial?**

Some people see results immediately, and your skin should feel different right away. The skin feels, clean, smooth, hydrated, and reflects a new level of health that's visibly noticeable.

If the skin has more advanced long-term needs, such as treatment of skin aging, acne or hyper-pigmentation caused by hormonal fluctuations or sun damage, results may not be immediately visible; however, skin health will continue to improve as you follow the advice of your professional skin therapist, and continue your home-care regimen.

## **What are the long-term benefits of getting regular facials?**

Plain and simple: healthy skin! And healthy skin is better-looking skin. The Dermalogica products A Shear Thing Salon uses are designed to help keep

skin at an optimal level of fitness – not just cover up with cosmetic results. In addition, when skin is at an optimal level of fitness, your professional skin therapist can more effectively address issues that may arise from time to time, as your skin's needs are constantly changing.

### **How can seasonal changes affect my skin?**

Similar to the seasons, skin goes through its own fluctuations. Combine nature's weather cycle with air conditioning and forced-air heating, and you have skin that's constantly under assault. Cold winds and low temperatures can dry out skin, depriving it of balanced levels of oils, contributing to dryness, sensitivity and premature aging. Prolonged exposure to the sun causes water to evaporate from skin, which is why skin that has recently been burned or tanned requires more moisturization than unexposed areas. Forced-air heating also dries out skin: warm, dry air acts like a sponge, soaking up moisture from everything it touches.

To help skin stay healthy with the seasons, speak with your esthetician at A Shear Thing Salon about modifying your skin care regimen accordingly. Chances are that with a few product updates, you can keep skin healthy year-round.

### **What is Face Mapping®?**

Face Mapping® is Dermalogica's unique skin analysis, and it's available only at exclusive, authorized salons, such as A Shear Thing. Face Mapping® takes no more than five to ten minutes. It's free, and it eliminates the guesswork when selecting products for results on your skin. Rather than analyzing the skin in general terms, your esthetician at A Shear Thing uses Face Mapping to divide the facial landscape into 14 zones. Each zone is examined inch-by-inch, through touch and site, and findings are notated on a prescription sheet. This prescription sheet serves as a customized visual guide for you, outlining on an actual facial landscape illustration where conditions including congestion, breakouts, dehydration, and/or hyper-pigmentation are present. Face Mapping® maintains an accurate record of your skin, which provides you and your Dermalogica Professional Skin Therapist an objective view into the results of any professional product recommendation.

### **If I get a facial, do I have to use Dermalogica products at home?**

No, but talk to your esthetician about what products you are using. Many products from drug stores or beauty counters contain ingredients that cause or contribute to skin issues such as dryness, oiliness and redness.

### **What can I expect at my facial appointment?**

Plan to arrive to your first appointment about 5-10 minutes early. You will need to fill out a form listing contact information, allergies and any medications that you are currently taking. Then your esthetician will evaluate your skin using a magnify lamp, ask you about your goals for your skin, and make a recommendation for skincare products and treatments to help you reach those goals. A facial generally consists of a

cleansing, exfoliation, steam (in the form of warm towels or a machine), massage and a treatment mask.

**What should I do to prepare for my facial?**

Since A Shear Thing Salon facials are designed to work on your skin from the neck up, you may want to plan on removing your makeup or pulling long hair back. Cosmetics can be reapplied after the service; feel free to bring them with you, or ask about our make-up application services. Men should be clean shaved unless bearded. Other than these few easy steps, simply be ready to relax and enjoy yourself in our private, comfortable facial room.

**Will the facial hurt, or be uncomfortable?**

You should never feel irritation, burning or discomfort during your facial. All Dermalogica products are created to be non-irritating, and your esthetician is trained to use the best products for your skin type. If for some reason you should feel discomfort, please tell your esthetician immediately.

**How often should I get a facial?**

Generally, facials are recommended once a month. However, you can discuss your specific needs, desired outcomes and schedule with your esthetician. Also be sure to ask about our facial packages, and save when you purchase and book your regular facials in advance at A Shear Thing.

**Have more questions? Call A Shear Thing Salon at 913-631-8448. Be sure to ask about your complimentary, personalized Face Mapping® profile and gift.**