

Facial Etiquette

Particularly for those who have never had a professional facial treatment before, you may not know what to expect. Here are some helpful pointers to prepare for the best facial experience.

Avoid using exfoliating products at least four days before your facial.

You don't want to over-sensitize your skin. You should avoid using any scrubs, acids, or retinol products beforehand. Note: if your skin is sunburned or any irritation is present, you should reschedule for a later time.

Be prepared to discuss your top three skin care concerns...

Most facials should include a consultation prior to your treatment, and in order for you to get the most benefits from your facial experience, you should think beforehand about your top three most important priorities for your skin. This will allow me to be able to customize your treatment or recommend the best facial.

Brush your teeth or use breath mints.

Because you're so close to your esthetician's face, for your own benefit you want to ensure you are not feeling self-conscious about what you ate for lunch that day and have fresh breath. I can't tell you how many clients apologize to me for having garlic with lunch that day, when truthfully I don't even notice. I don't like my clients feeling self-conscious, as this distracts them from their relaxation.

Showering before you spa service:

Please note we do not have a shower facility so please be sure to shower before you arrive to receive your skin treatments, facials, &/or hair removal services. This will ensure a comfortable experience for both you and your skin specialist.

Speak up concerning special Health Concerns:

Please notify our reservation department if you have high blood pressure, allergies, any physical ailments, special needs or if you are pregnant. This information may also be completed on your personal dossier upon arrival at Blush.

Men should shave the morning of their facial appointment.

Shaving the morning of your appointment ensures smooth skin to allow your esthetician to avoid irritation, but also ensures this area of the face gets the attention it needs. While shaving is a form of exfoliation, and most facials will include exfoliating treatments, men have thicker skin, so concern about sensitivity isn't as much of an issue.

Bring along your current skin care products.

I find very helpful to see what you've been using on your skin. But it's also beneficial to the client to get expert advice to determine if their current products are addressing their most important skin care concerns.

Perform your normal skin care routine.

Some people feel the need to come with clean skin, washed with nothing else on it. Other people apologize for having their makeup on. I prefer to have people not do anything special, and come in with what their skin would normally look like. When people prepare their skin excessively, I can't see the amount of oil or the hydration levels of the skin as much. A cleanser or washing beforehand can skew the skin analysis. Come in with or without makeup, it doesn't matter, just do your normal morning routine and don't alter it.

Be prepared to turn off your cell phone.

To ensure your best facial experience, and the time spent with your skin care professional, it's important to not just turn your phone on vibrate, but turn your phone off. There's nothing more disruptive than a phone ringing or vibrating. Certainly in some instances people have to keep it on, just in case their babysitter calls or something comes up, but generally a facial room should be a no cell phone zone.

