**Facials**

**What is it exactly?**

A Facial is a very general term for skin treatments usually performed by a licensed aesthetician. As the name implies, it is skin treatment for the face.

**Benefits**

* Helps you improve your complexion and show you how to take proper care of your skin.
* A facial can give you a deep cleansing, deeper than the cleansing you will get at home
* Extracting open comedones will also help rid the skin of acne
* helps increase circulation and stimulates the skin
* great preventative treatment to help you beat wrinkles before they occur
* A good esthetician will work with you to create a home care regime that will be both easy to use and work with your individual skin type

**What does it consist of?**

* There are many types of facial treatments. A facial will generally include: The skin will be thoroughly cleansed and dead skin cells will be exfoliated.
* The aesthetician will likely evaluate your skin type and find treatments that is best for you
* You may have extraction of [blackheads](http://www.wisegeek.com/what-are-blackheads.htm).
* You will likely have a face mask treatment. You may have some degree of facial massage with applications of various creams and moisturizers depending on your skin type and ultimate goal for session.

**Types**

* Lunch Time Facial “30 min Facial Refresher”
  + Great for the person on the go, or someone in need of a clean glowing complexion
* Customized
  + Great for the client who likes to have a more personalized approach to their treatment
* Men’s Facial
  + Designed for the specific skin care needs of men. The no-frills facial
* Teen Facial
  + Recommended for teens experiencing acne, helps reduce oil without drying
* Deep Pore Facial
  + Powerful treatment for oily and acne prone skin.
* Anti-Aging Facial
  + Designed to hydrate, tone, and tighten your skin
* Back Facial
  + Great for those who want to pay special attention to those hard to reach areas.