

Lifestyle Benefits of Incorporating Aesthetic Services/Treatments to Your Calendar

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Booking an aesthetic service can seem overwhelming and expensive, especially for those who don't typically know how to maintain their skincare. But many do not know that receiving Aesthetic treatments consistently throughout the year is very similar to exercising!

You pay for your gym subscription, healthier food alternatives, workout clothes, and probably a new, stylish pair of running shoes at that. It can be costly to stay physically fit, but in the end, you are committing yourself to a long-term, rejuvenating lifestyle, because you deserve to live in the best way that you can.

Encouraging yourself to receive aesthetic treatments in your bi-weekly/monthly routine follows the same concept! With its focus on improving the health and elasticity of your facial skin, it helps improve areas such as sleep and self-confidence. A great benefit of receiving these treatments is the ease of at-home facial maintenance, allowing you to enjoy other aspects of your life!

Let's highlight the best lifestyle benefits of aesthetic services/treatments:

- Sleep Improvement
- Improved Self-Confidence
- Ease of At-Home Skincare Maintenance

If you currently live in Upstate South Carolina, an awesome place to start your aesthetic treatment journey is with esthetician Lindsey M. Wild at her clinic (Esthetics By Lindsey M.) [located inside Shear Expressions Salon!](#)

Services such as facial waxing, dermatologic treatments, and a free one-on-one consultation are available on [her website!](#)

#1: Sleep Improvement

According to dermatologist Murphy-Rose, it is a fact that keeping your skin well-moisturized daily helps with sleep. Keeping your face properly moisturized for your skin type will help improve the comfort of your skin, leaving it feeling less irritated and allowing for better sleep.

Examples of aesthetic treatments that help bring moisture to your skin include [glow facials](#), [basic facials with mask treatment](#), and [dry skin power exfoliating](#). Lindsey M. Wild, licensed esthetician, and small business owner, has reported that many clients

have included in their reviews that after receiving aesthetic treatments, their sleep has gotten increasingly better.

#2: Improved Self-Confidence

Incorporating aesthetic treatments into your life is the biggest gift you can give yourself to improve your overall facial appearance. Attending consistent appointments for treatments such as [microdermabrasion](#), [acne facial treatments](#), [lash extensions](#), and [facial waxes](#) (eyebrow, lip, chin, neck jaw, brow tints) are all highly effective for treating little imperfections such as hyperpigmentation, acne, and irritation, as well as keeping your face nice and clean!

The purpose of aesthetic services is not to pressure you into conforming to the “beauty standards” of society or to validate yourself in front of others. Aesthetic treatments are to help meet your personal goals, whether it is achieving skin hydration, clear skin, or healthy facial skin!

#3: Ease of At-Home Skincare Maintenance

This benefit is the most magical of them all! You can easily take care of your skin at home by purchasing skincare products and having a day/nighttime skincare routine. Now imagine having a skincare routine PLUS all of the benefits that aesthetic treatments can give you.

Aesthetic services will help you achieve your facial goals more effectively and a lot faster than solely relying on a skincare routine. However, it is important to know that having a proper skincare routine in addition to receiving aesthetic treatments is very crucial to maintaining your skin appearance.

An easy example of an aesthetic treatment proven to make life easier at home is [wax services](#). Waxing can be tedious and painful when doing it by yourself, which is why

waxing services are very beneficial in that you will get to relax while you get your beauty service!

It is also a huge plus coming in for a [wax treatment on your body or face](#), compared to shaving at home. Waxing will slow down the growth of hair and won't leave any overgrown hairs, unlike shaving. Overall, you are doing yourself and your body a huge favor with this type of service!

Conclusion

These are just a few lifestyle benefits that will enhance your daily life by receiving aesthetic services and treatments. You can receive these treatments as often as recommended by [your esthetician](#) (can range from every few weeks to every 6 months), which allows for great flexibility when scheduling your appointments into your yearly schedule! Remember, the key purpose of bringing aesthetic treatments into your lifestyle is not to conform to social pressures, but to allow your existing inner glow and beauty to show on the surface of your skin!

External Resources:

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