

Client: WeStyleAsia.Com

Best Facials for Your Skin Type

Get ready for a whole new facial experience.



Image Source: <http://www.mayra.ro/frumusetate-si-sanatate/despre-frumusetate-secretele-din-orient/>

Getting facials is not as easy as you may think. You cannot just get a facial just to de-stress because there are creams and chemicals involved that may not suit your skin type. For example, remember when that charcoal peel went viral and everyone was recording themselves in agonizing pain? Yeah, do not do that. That was by far the worst beauty trend to ever take place in the world of skin care.

Generally, the most common skin types are Oily, Dry, Combination and Sensitive. If you are unsure about your skin type, you could always pop by a dermatologists office and get it checked before heading to a spa. In fact, it may even prove to be better as it will give you the chance to choose the best treatment.

Oily skin



Image source: <http://ihplus.com/gold-facial-mask/>

Those with oily skin are prone to more breakouts and have more blackheads compared to the rest. Keep away from any facials that include essential oils or heavy creams. Try these instead:

Mud Mask Facial

Mud Masks are a great way to cleanse clogged pores while locking in moisture. It removes excess oil and prevents your face from breaking out. Oily skin is hard to manage and can be quite sensitive to any harsh scrubs and overly moisturizing treatments.

Gold Facial

Go all Cleopatra and put on 24k magic on your face. Gold facials are a popular thing right now and for all the right reasons. This amazing ancient beauty tip has been praised for keeping wrinkles and fine lines at bay. Not only that, gold is easily absorbed by the skin and will remove excess sebum while clearing out clogged pores. Think of it as a baking sheet that absorbs all the oily stuff.

Dry Skin



Image Source: <http://abbraccistudio.com/thinking-about-the-intracutaneous-oxygen-facial/>

As someone with dry skin, our faces just lack natural lipids and oils so this author recommends staying far away from harsh scrubs and anything with alcohol in it. Instead look for facials that offer facial massages and hydration therapies for your face. Try these instead:

Oxygen Facial

Let your skin breathe. Oxygen will help to hydrate your face, lock in moisture and at the same time help your skin renew itself. Gentle massages often come with these packages to get the skin moving and the blood flowing more evenly.

Micro-peel Facials

Dry skin does not have a natural exfoliating property which is why it often escalates to flaky skin. Instead of harsh scrubs, opt for micro-peel facials. It is a no pain, sure fire way to gently exfoliate your skin and lock in moisture. The peel will gently remove dirt, debris and pollutants that have clung and dried on your skin. Warning! May cause your face to feel as soft as a baby's bottom!

Combination Skin



Image Source: <http://musesspa.com/facials/>

Is it dry? Is it oily? This is the worst kind of 'best-of-both worlds' situation that anyone would want. Those with combination skin have an oily T-zone and dehydrated cheeks, which is why buying two types of skin care products is crucial for your skin health. So overly drying facials such as peels may be good for the oily parts of the face but could mean cracked pavements for the rest. Try these instead:

Enzyme Exfoliate Facial

Enzymes are used to breakdown the barrier that holds the dead skin on your face intact. It sheds of the flakes so that a fresh layer of skin can grow. Not only that, it even helps with balancing out oil production on the face.

Microdermabrasion Facial

Sounds a little scary but it does not hurt. What happens is that there a small vacuum with fine crystals at the tip that sucks out the unwanted dirt and clogged pores. What is great about this is that it is controlled. So you can use it for your T-zones while providing the drier parts of your skin with more moisturizing creams and peels.

Sensitive Skin



Image Source: <https://www.pexels.com/photo/woman-girl-beauty-mask-3192/>

Now, if you have sensitive skin, almost anything could trigger a breakout or rashes. The safest way to get a facial is to ensure it is all natural. Do not use anything with harsh chemicals or scrubs. You may even want to opt for Ayurvedic facials as they offer only natural treatments. So instead of going to regular spas and getting random facials, try these instead:

Fruit Peel Facial

It uses fruits as a cleanser and moisturizer so you never have to worry about breaking out. Make sure to let your aesthetician know if you have a history of breaking out during face massages. This may help them opt for other methods.

Chocolate Facial

Yes, you read right! We all know the benefits of dark chocolate for our insides but do you know that pure chocolate is also used to clear up the skin and give it a glow? Chocolate has mild exfoliating properties and is full of nutrients that is easily absorbed by the skin. Making it an effective but gentle moisturizer.

As a final tip, remember that a healthy diet plays a vital role as well, so drink loads of water and eat your greens to keep your face clear and bright. Also, you must always go to a reputable spa. This will lower the risk of them giving you false information just to sell you their services.