

The Day Spa
has several
highly experienced
estheticians:

Andrea West-Antoun
Tia Witcher
Pattie Gribel
Laurel Chmura

A home care regimen is imperative to good skin care. It is important to cleanse, tone and moisturize. Your esthetician will consult with you about which products will best suit your skin care needs. Be prepared to provide her with a list of products you currently use.

**The Day Spa
at
Salon Elizabeth**

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**Facial
& Eye
Treatments**

WHAT IS A FACIAL?

A facial cleans, exfoliates and nourishes the skin. A clear, well-hydrated complexion can help your skin look younger.

The best results are obtained when it is part of an on-going program of skin care.

BENEFITS:

A facial is one of the best ways to take care of your skin. The body's natural processes can dull facial skin. Your skin constantly sloughs off dead cells. These cells can clog pores and give the skin an aged look. Daily exposure to the sun and other elements also take a toll on the skin.

How often should you get a facial? It varies from person to person. Ideally, once a month because that's how long it takes the skin to regenerate. Try to have a facial at least four times a year, as the seasons change. You may need it more frequently if you are trying to clear up a case of acne, especially at the beginning.

WHAT TO EXPECT:

Consultation Your facial will begin with a consultation. The esthetician will inquire about your skin concerns, your diet, how much water you drink, drugs and supplements you take, and the skin care products you use.

Cleansing After securing your hair, your face will be thoroughly cleansed.

Skin Analysis The esthetician will examine your skin. She will determine your basic skin type (dry, oily, combination, sensitive or normal) and skin conditions (acne, blackheads, whiteheads, aging, sun-damage, dehydration, etc.) She will explain her findings and make recommendations on product and treatment options.

Steam/Hot Towels Your technician will use a machine that directs a thin vapor of warm steam or apply steam towels to the face. This is relaxing and helps soften both blackheads and whiteheads for extraction. If you have very sensitive skin, the esthetician may not use steam.

Exfoliation Either a mechanical or chemical exfoliant will be used. Mechanical exfoliants have a gritty texture that rubs away the surface dead skin cells. Chemical exfoliation uses enzymes and acids to loosen the bond between skin cells.

Extractions If necessary, blackheads and whiteheads will be removed. This may be slightly uncomfortable and you should communicate this to your technician.

Facial massage A brief massage will relax you while stimulating your skin and facial muscles.

Mask A mask will be applied and left on the face for 10-15 minutes. Depending on your skin needs, it will contain clay, herbs or vitamins.

Moisturizing Your facial will be complete when the esthetician applies the toner, serum and a moisturizer. She will recommend practices and products that address your specific skin care needs.

WHAT FACIALS ARE AVAILABLE?

The Day Spa offers two versions of our European inspired facial, our Full Salon Facial and Express. The full includes exfoliation, deep pore cleansing, massage, mask and hand treatment. The express is a great maintenance facial that also includes exfoliation, mild pore cleansing and a mask.

OTHER TYPES OF FACIALS

The Day Spa offers a variety of Specialty Facials designed to meet the needs of every skin type. They include:

- Ampoule facial
- Gentleman's Facial
- Teen Facial
- IontoSonic Treatment

PLUS!

A number of add-on, customized peels, or light therapy and high frequency treatments are also available. Speak with your technician to find out which option is the best to optimize your skin care treatment plan.

DON'T FORGET THE EYES & LIPS

While caring for your skin, don't ignore that delicate area around the eyes & lips. Treat yourself to one or both of our luxurious collagen masks.

Schedule a free consultation to discuss and determine your best option for healthier, younger-looking skin.