

SKINCARE NEWS



LET'S TALK ABOUT EXFOLIATION

BODY EXFOLIATION

Body exfoliation works in a few ways. Firstly, the scrub is massaged over the body. The exfoliating granules are slightly larger than a facial exfoliate. In both instances it helps to remove dead skin. This helps any body oils/creams or moisturisers used during the massage to be absorbed in better.; The circulation motion of applying the scrub aids circulation and helps drain your lymph nodes hence improving the blood flow to the skin's surface.

It also smooths your skin and reduce any Keratosis Pilaris. (bumpy skin on arms and legs) See photo.

Apart from this, the physical benefits, body exfoliation is a treatment that can lift your spirits and make you feel good. Being mindful of the refreshing textured massage and the inspiring scent of essential oils allow you to enjoy the treatment as it's happening.

I recommend using Temple Spa Sugar Buff as it is based on natural products which also leaves your skin silky smooth.



FACIAL EXFOLIATION

Like a body exfoliant, facial exfoliation helps you remove the dead skin cells and other debris sitting on our skin that reveals newer skin underneath. It improves the appearance of skin tone and radiance, creating a fresh, revitalized glow.

Doing this weekly is recommended. No more than twice a week depending on your skin type.

Benefits for a facial treatment is that you create a glowing and radiant skin. You are preparing your skin for moisturisers and makeup look flawless and less dry on your face as it helps even out your skin texture. It removes any deep grime and reduces any blackheads from appearing.

Most importantly, by removing the dead, dull skin cells on the surface, it stimulates blood flow and your skin will look more youthful in appearance. Yes, it's anti-aging too.

I recommend Temple Spa's Breakfast Smoothie or In The Beginning deep cleansing balm which has crystalline texture that exfoliates too.



For more info feel free to contact me.