

Published based on [Facial Treatments: How To Determine Which One Works Best For You?](#)

# **Facial Treatments: How To Determine Which One Works Best For You?**

Whether you're in a high-end facial salon or an economical one, the primary question is still there: with the great array of facial treatments offered by salons, which is the proper one for you?

A facial treatment, which follows second to massage as the high sought spa services, is a deep-cleansing treatment of the face and neck to help tone, exfoliate, and nourish the skin to make it healthy and glowing.

Selecting a good facial treatment can be a bit frustrating especially for first-timers. The moment you come into a facial salon, you will be wowed with a spa menu that's filled with various facial treatments available. And sure, they all sound nice, which makes it even more challenging to decide which one is which. Facial treatments may come with special names depending on the salon, but frequently, some of them mean the same thing and follow the basic principles - cleansing, skin analysis, exfoliation, extraction of blackhead and/or whiteheads (although this step is optional), facial massage, mask application, and toner/moisturizer application. Facial treatments vary on their prices, the products used, and the various add-ons that every salon offers to make the facial treatment more personalized and unique.

Then, how to select the proper facial treatment?

Although all facial treatments sound so promising, no single treatment guarantees the same results to everybody. What may work for many do not necessarily mean would work for you.

**SKIN TYPE.** Right before you dive into that facial bed and surrender your skin's fate to the hands of the therapist, see to it that you get your skin analyzed. Prior to any facial treatment, it is extremely important that you get a consultation with a registered and professional aesthetician or facial therapist to discuss your present skin concerns, condition, and your daily skin care regimen. You will also learn the type of skin you have - dry, oily, sensitive, normal, and combination. In this way, you can keep yourself from avoidable damage of skin treatment not in line for your skin type. Bear in mind that different skin types require unique attention or facial treatment like for instance, an acne-prone skin should not go for facial scrub as it will just induce adverse responses to the skin and tear skin tissue causing your skin more bacteria-prone.

**SKIN CARE PRODUCTS.** Alright, it's never easy to choose what works best when everything is potentially effective. A couple of things to deal with - your skin needs and skin type.

When getting a facial treatment, see to it that you have an idea of what products they're utilizing. For whatever it takes, make time to get-to-know the products before they even touch your skin. Do you want to reduce the appearance of fine lines or wrinkle on your face? Do you want to take years off on your looks? Is your skin dry and requires extra hydrating? Are you highly sensitive to certain ingredients? Whatever you pick out, only make sure that they address what your skin requires and not merely for the sake of using a certain product because Hollywood stars use it.

It's always safer to use skin care products that are produced from natural, pure ingredients than those that are chemically-manufactured. Take time to research and choose products that are gentle to the skin.

**TREATMENT PRICE.** Usually this is the major make-or-break element that helps people decide on what facial treatment to choose. You could always go for a facial treatment that costs you a pretty penny, but, of course, depends on your budget. For one thing, while some facial treatments adopt the same procedures but go by various names, they may vary in costs subject to the quality of products use, the variety of cream or essential oils, the salon/spa itself, and the special add-ons like paraffin eye treatment, facial steam or maybe an extra mask application.

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