

Just For Fun

H O M E - S P A
F A C I A L

WEEKEND SELF CARE PROJECT



Home Spa Facial

STEP BY STEP

When I was in middle school, someone gave me a book with instructions for at home facials. Long before I experienced a professional treatment, I'd get together with my girlfriends and spend hours playing "spa day." We concocted our own mask recipes, perfected our "stove steam" technique, and experimented with my mom's face creams. I had no idea at the time what a luxury this process would feel like when I repeated it as an adult. Block off an hour, light a candle, and diffuse some oils if you have them. It's about to get relaxing up in here.

You will need

- Face Cleanser
- Face Mask (DIY or store bought)
- Moisturizer and/or Serums
- Pot of Water (Get it boiling before you begin!)
- 2 Towels + 2 Washcloths
- Exfoliating Tool (Clarisonic, Scrub, MicroDerm Tool, etc.)
- Essential oil (optional)
- Quiet Music (may I suggest Fiona Apple... my middle school spa-day soundtrack)
- Candle (optional)

Notes

- If you have kids, you can include them on the fun or wait until they go to bed; up to you!
- Make it social! Share the plan with your girlfriends, plan a time, and log onto zoom/house party for a shared "spa day".
- A glass of wine or a mug of herbal tea enhance the spa-experience. Come to think of it, all this spa talk is making me want a Mimosa...
- If you have time, start with a bath to get extra relaxed.

STEP 1 | CLEANSE

Start with squeaky clean skin. Use makeup remover to remove all traces of makeup (coconut oil works well!). Massage preferred cleanser into skin according to directions. Make sure to include your neck; work in small, gentle circles. If you have an exfoliating tool, you can use it now. Wipe off all cleanser using a warm washcloth.

STEP 2 | STEAM

My favorite part! Bring water to rolling boil on stove (add a drop or two of essential oil of choice, if you wish). Remove pot from stove and create a "tent" over your head using a towel. **Carefully** lean over the boiling water (seriously, be careful!). Settle at a comfortable distance and breathe deeply in and out as the steam opens up your pores. Stay as long as it feels good. Pat face dry.

STEP 3 | EXFOLIATE

Use whatever exfoliating tools you have on hand. This could be a gentle scrub, a home microderm tool, a derma plane tool, or even just a gentle pass moving a washcloth in circles. If you have a peel on hand, use it to finish up the exfoliation process.

STEP 4 | MASK + CHILL

Now it's time to relax! Apply your mask of choice, kick back and relax. You could use this time to do a guided meditation, watch a show on Netflix, or read a book. Once the mask has dried (or you get antsy), gently remove mask with a wet washcloth or towel.

STEP 5 | APPLY SERUMS (IF YOU USE THEM)

If you have a serum regimen, apply serums in your typical order. I have been using the serums from The Ordinary lately, and am obsessed with the way my skin feels after use. It's a completely different feel than standard moisturizer.

STEP 6 | MOISTURIZE

Time to lock in all that good stuff! Finish up your DIY facial by applying a generous coat of the heaviest face cream your skin can tolerate. This may mean using a night cream even if you're doing this during the day. Now, it back and enjoy how fresh and clean your skin feels... and revel in how good it feels to treat yourself!