



Facial Care in Five Easy Steps

Unfortunately some of us sometimes simply go to bed at night forgetting about the impact our day has had on our faces. Every day our faces are subject to grime and pollution from the atmosphere. Add to that, normal perspiration and dead skin cells, then we have a formula for clogged pores, leading to a dull and lifeless complexion.

So I thought it was about time we took a look at how we can bring back the sparkle and breathe life into our skin with a simple and quick five step process before bed.

By simply...

- Steaming;
- Cleansing;
- Exfoliating;
- Toning; and
- Moisturising OR applying oils.

Firstly ... steaming doesn't mean you need to have a facial steamer or anything fancy (although it's nice) but it is as easy as soaking a face washer in steaming hot water, wringing it out lightly and holding it very close to your face for a couple of minutes. This simply opens the pores, ready for cleansing.

Next ... it's time to cleanse. Straight after steaming splash your face (and neck) with warm water. Don't make it too hot. Pour some cleanser into your palms and rub it all over your face and neck using your fingertips (or a facial brush if you have one). Lightly massage the cleanser all over your face and neck for about a minute then rinse off with warm water and pat dry with a soft towel. Why not try Aromacleanse, which is a gentle cleanser especially formulated for your face and neck.

The third step ... is to exfoliate! In order to rid your complexion of dead skin cells and promote new cell growth a gentle exfoliation is the key. Nothing too harsh though, and when I say a scrub, I mean using an exfoliating scrub - I am definitely not suggesting you scrub your face. The product will do the work...gentle as she goes is the key so you do not damage your skin. Then simply splash off the scrub with warm water and pat dry again with a soft towel.

Step Four ... is to tone. This involves placing a gentle toner on a cotton wool ball and gently wipe over your face and neck, where you have just exfoliated.

The Last Step ... in this rejuvenating process is the hydration step. I mentioned earlier that this final fifth step is moisturising or applying oils. What this means is depending on your personal preference

you may (or may not) wish to apply oils to your face. I can assure you that applying essential oils (OF COURSE) diluted in a good quality base oil is the ultimate hydration and it will not increase the oiliness in your skin as on the contrary, a blend of the right essential oils provide much needed nutrition to our skin. However we don't need to apply oils every day, so I tend to use a night cream for five out of seven nights (my favourite is Dew of Youth Night Cream), and an oil blend in base oil (at a maximum of 2.5% essential oil) on the other two nights.

So why not give it a try, your skin will love you for the 6-8 minute pampering!

And may you all have an aromatherapeutic day!