

WHAT IS ESTHETICS?

Esthetics is the application of various treatments to the skin's epidermal layer. In other words, esthetics is all about healthy skin. Some of the techniques used by Doran include facial steaming, wrapping, exfoliation, waxing, pore cleansing, extraction, Microdermabrasion and chemical peels. Doran gives personal guidance on the latest in skin care maintenance and excels at helping clients apply makeup skillfully to conceal scars and Imperfections. Esthetic practice is different from dermatology in that it specifically excludes diagnosis, prescription, or any other service, procedure, or therapy that requires a medical license. If you're being treated by a dermatologist, facials, peels and proper home care will provide complementary and support therapies. In addition, Doran is trained and licensed to recognize early signs of many medical conditions, including skin cancer, and will refer you to a dermatologist in such a case.

WHAT CAN I EXPECT?

During your first appointment, you and Doran will discuss your skin care issues and goals. Once your skin has been evaluated, the two of you will work together to determine a course of action to achieve those goals. This plan will likely include treatments, home care, and follow-up appointments.

TYPES OF SKIN CARE THERAPIES

CHEMICAL PEEL | An exfoliation process usually used to minimize fine lines and wrinkles.

EXFOLIATION | The removal of dead skin cells manually or using chemical peels.

EXTRACTION | Proper pore cleansing, the removal of blackheads, whiteheads, and blocked pores.

FACIALS | After analysis, cleansing, and preparation, a mask is applied to the face. Therapeutic ingredients vary based on skin type.

MICRODERMABRASION | A technique utilizing a machine to exfoliate the uppermost layers of the skin. Used to treat hyper-pigmentation and uneven surface texture.

WAXING | Hair-removal technique. Warm wax is applied to the skin, allowed to cool, then removed.



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WHAT IS A FACIAL?

A facial is a professional cleansing, purifying, and beautifying treatment of the skin on the face and neck. There are several variations of facials, including mini facials, detoxifying facials, anti-aging facials, facials that highlight special ingredients, like herbs or antioxidants, moisturizing facials, pore-refining facials, aromatherapy facials, and many more. A typical facial deeply cleanses and freshens the skin by exfoliating away dead skin cells. The objective of a classic European facial is to maintain soft, unblemished, well-hydrated skin.

HOW SHOULD I PREPARE FOR A FACIAL?

Come to your facial appointment on time and as relaxed as possible. You can come to the treatment room with a clean face or allow your skin care professional to remove your makeup for you.

WHAT CAN I EXPECT DURING MY FACIAL?

Though there are many types of facials available at spas today, a basic facial might include the following steps. Cleansing, skin analysis, exfoliation, massage, extraction of blackheads and other impurities, and application of products targeted to your skin type (dry, oily, mixed, sensitive, mature). Some facials involve light massaging of the face and neck to aid in further relaxation and to stimulate blood and oxygen flow to the skin. Others include different therapies that involve machines, electric currents or chemical peels.

WHO CAN BENEFIT FROM A FACIAL?

No matter how sensitive or hard to treat your skin is, you can still benefit from a facial because any facial can be suited to fit your individual skin care needs. If you have sensitive skin, only gentle cleansing and moisturizing products will be used. If your goal is to clear up your acne, Doran can guide you towards a facial that will help you achieve that goal. Be sure to communicate clearly exactly what your goals are, even if it is simply to relax. Your facial is customized to you and your skin care goals.

WOULD I BENEFIT FROM SEEING A SKIN CARE PROFESSIONAL?

A Skin Care Professional? Skin care professionals are experts trained in skin wellness, helping their clients balance oil and moisture content and achieve a healthy, youthful complexion. A variety of treatments and products are used to protect skin from environmental hazards and combat fine lines, wrinkles, and a dull, uneven skin tone. Doran is also skilled in managing conditions such as acne, rosacea, eczema, and dry skin, to name just a few. Through specialized therapies and remedies, Doran can help ease the burdens such conditions can cause. Furthermore, skin care treatments are wonderfully relaxing and rejuvenating. If smooth, healthy skin is your goal, a professional treatment can benefit you.

WHAT ABOUT HOME CARE?

When you leave after a facial, your skin will most likely be glowing, fresh, and hydrated. However, if your facial included several extractions, you might experience some redness or tenderness in the areas that were worked on. Some facials might also increase breakouts for a short period afterward, since the skin was stimulated and is now ridding itself of toxins and impurities. Keep in mind that the more facials you get, the less impurities your skin will contain, which means you will experience fewer breakouts as time goes on. Doran will recommend the proper products and ingredients for your skin. For instance, if you have dry skin, use an intensive night cream or moisturizing mask to keep up the hydrating effects of your facial. In addition to providing face and body treatments for personal use, Doran educates clients on proper cleansing, exfoliating, hydrating, and stimulating regimens for homecare support between visits. At times she will also supply you with information on lifestyle choices, such as nutrition and exercise, to further support your skin health.

