

# Esthetician Services



## European Facial

Our European Facial is offered for either 30-minutes or one hour by a student or professional licensed Esthetician. We use Dermalogica (a European product line) or Dr. Grandel for our facials. You will be taken to the therapy room and asked to place a spa wrap on to protect your clothing and remove your jewelry from your ears, face, neck, arms and hands.

- ◆ We start with placing a bonnet and/or headband over the hair to pull it away from the face.
- ◆ The practitioner removes any eye or lip makeup if needed.
- ◆ She/he will perform the first cleanse to remove makeup and oils and then analyze the skin under a bright magnifying light with your eyes covered.
- ◆ A second cleanse is performed based on the findings and your skin condition. Your skin can change from visit to visit based on the season, environment, medicines, hormones and home care regimen just to mention a few.
- ◆ An exfoliation is performed with warm steam. The product is removed with sponges and/or hot towels.
- ◆ At this point, in the one hour facial extractions are performed and/or massage of the face, neck and décolleté and/or high frequency or galvanic machines used. These services are not part of the 30-minute facial.

- ◆ A masque is chosen and applied for 10-minutes. A hand and arm massage is performed during this time. The masque is removed with sponges and/or hot towels.
- ◆ Toner is applied to bring the skin back into proper pH and the moisturizer and/or sunscreen is applied. This completes your facial.

A **European Back Facial** is the same procedure only it is performed on your back from the nape of your neck to your waist line.

## Aromatherapy Facials

Essential oils are chosen and used during your facial treatment.

## Spa Body Treatments

Spa Body Treatments range from scrubs, muds and wraps. See the fact sheet following for the types of body treatments we offer here at the Institute.

## Waxing Hair Removal

Our students and professional licensed Estheticians perform hair removal services by the application of warm wax from your eye-brows all the way down to your toes. This is not a permanent solution to hair removal because hair will usually grow back within 4-6 weeks.



It is possible to have “peek-through” hairs the day after waxing because hair grows in three phases: above the skin (these are the ones we can remove), below the skin in the hair shaft and hair that has just fallen out and not in the hair shaft yet. For best results your hair should be at least 1/4-inch long. Hair that is longer may be trimmed.



# INSTITUTE Of Health & Healing

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## *Body Treatments Offered*

### **Scrub & Exfoliating Body Treatments** -- Treatment time: 1 hour

Ideal for sensitive skin; Lift away dead skin; Refine & soften the skin; we remove the scrub with warm towels and finish off with the Smoothing Massage Butter for intensive moisture to soothe, tone & soften skin.

**Body Scrubs to choose from:** Micro-Buff Body Polish, Awaken Sea Salt Scrub, Mandarin Cashmere Body Scrub or Guavaberry Sea Salt Scrub. Scrubs are based on the seasonal offering.

**Ingredients of Smoothing Massage Butter:** Shea Butter, Apricot & Wheat Amino Acids, Beta Glucan, Jojoba, Avocado, Peach and Sunflower Oils

### **European Rose Body Mud Treatment** -- Treatment time: 1 hour

Refine & soften the skin; enhance cell renewal; extreme hydration; we remove the mud with warm towels and finish off with the Smoothing Massage Butter for intensive moisture to soothe, tone & soften skin.

**Ingredients of Rose Body Mud:** French Rose Clay, Rosa Centifolia, Apricot & Wheat Amino Acids and Alpha Hydroxy Lactic Acid

### **Firmi-Sea Body Mud Treatment** -- Treatment time: 1 hour

Firm and smoothe the skin; assist in detoxification; re-mineralize the skin; we remove the mud with warm towels and finish off with the Smoothing Massage Butter for intensive moisture to soothe, tone & soften skin.

**Ingredients of Sea Body Mud:** French derived Laminaria, Fucus, Ulva, Lactuca & Spirulina (algae), Sea Rocket & Sea Fennel, Jojoba, Avocado, Peach and Sunflower Oils

### **Black Baltic Body Mud Treatment** -- Treatment time: 1 hour

Assists in attracting & absorbing impurities; enhances cell renewal; helps improve skin tone; we remove the mud with warm towels and finish off with the Smoothing Massage Butter for intensive moisture to soothe, tone & soften skin.

**Ingredients of Baltic Body Mud:** European Black Fresh Water Silts (80% organic and 40% humic acid), Vitamins A, B1, B2, B12, Jojoba, Avocado, Peach and Sunflower Oils

### **Body Scrub and Body Mud Combo Treatment** – Treatment time: 90 min

Your choice of one of the body scrubs and body muds from above; we remove the scrub and mud with warm towels and finish off with the Smoothing Massage Butter for intensive moisture to soothe, tone & soften skin.

All body treatments are based on availability and are subject to change based on the offerings of the season.