

# ***Self-care: The step by step process for a mini facial***

By Katrina Ford



Let's face it, many of us are on day 8 of this quarantine and are going a little stir crazy! I have been trying to stay busy and productive throughout the day to keep some sort of normalcy when all the sudden it hit me: what if I take this time to show myself some love? What if I allow myself to slow down, breathe, and re-connect with myself?

My favorite act of self-care/self-love is facials, whether I'm giving or receiving them. I love everything about it from the essential oils, steam, massage, etc. Afterward I feel rejuvenated inside and out and like my skin has the slim chance of looking like Jennifer Lopez's in the future. Being that we are in the house until further notice, what a better time than now to either give yourself your first facial or try a new mask you've been keeping for a special occasion.

I've put together an easy to follow step by step breakdown of how to give yourself, or a loved one, an at-home mini facial.  
I hope you enjoy!

Before we start, you will need the following items:

1. Clean/sanitized sink area
2. Wash cloth
3. Hand towel
4. Products
5. Calm and relaxed energy



### Step 1:

Before you touch your face, make sure to wash your hands for at LEAST 20 seconds under warm water.

Then you will apply a pea-size shape of pre-cleanser onto your fingers. If you don't have a pre-cleanser or makeup remover, you can cleanse twice. Massage this all over your face in a circular motion and rinse with warm water.

Do not dry face.



### Step 2:

Take a pea-size shape of cleanser into palms. Rub together to lather. Massage the cleanser in circular motions all over your face.

TIP: You want to be moving your fingers in upward and outward movements on the face to promote tighter, younger looking skin.

Gently rinse the cleanser off with a washcloth. You will need to repeat a few times to get all product off your face.



### Step 3:

Mask time! Choosing the right mask for your skin requires the knowledge of a trained esthetician, however, keep it basic when at home. Either try a hydrating mask (shown in picture), clay mask, or fruit enzyme mask.

Can be applied with brush or fingers. Or you can use a sheet mask. Follow directions on the back, including time on face.

Set The  
Timer For 10  
Min And Relax!



#### Step 4:

Lightly spray toner all over freshly cleansed face

#### Optional:

If you do not have toner, it's ok to skip this step. However, toners help in removing any products left on the skin and help balance the skin's PH



#### Step 5:

Apply moisturizer.

Again, only a pea-size shape for your entire face. Massage into your skin in an upward and outward motion.

Optional



Eye cream

Result



Clean <sup>and</sup> Fresh!