



Therapeutic Skin Coach

***Thank you so much for your interest in a Therapeutic Skin Coach facial!
Before we get started, I want to give you a little insight as to what to expect and address
any potential areas of resistance before taking that step towards your best skin and your
best self.***

Why a Therapeutic Skin Coach facial?

I would love to answer this with a simple “*Because it’s the best facial in town!*” but that would be dismissing other amazing facialists all over LA. At some point or another you were drawn to my practice for a reason, whether it was because you saw a blog post that resonated with you... you like my instagram esthetic... or you were referred by a friend who loves their experience.

Regardless of why you were drawn in, ***I want to honor that intuition of yours and create a custom treatment that caters to your needs.***

The TSC facials are designed to empower you with to make the decision to feel good in your own skin. I carefully craft a custom treatment with non-toxic skincare while we learn to listen to your skin and embrace the message it’s communicating with you. There is a lot of focus on shifting self-talk and language towards yourself to debunk the idea that you are suppose to have a perfect complexion, exempt of flaws and character. ***My intention is to help you feel an increase in your self-worth and grow confident in your individuality.***

Holding space and having an empathetic approach throughout all of life’s transitions is part of my supportive care.

Who can receive a TSC facial?

Everyone! My clientele is a diverse group of every age, gender and ethnicity. Your unique set of DNA is what we use to create a roadmap to skin’s success and self-acceptance.

Every stage of life is welcome including pregnant woman, however it is crucial that you share your stage of pregnancy at every facial and confirm with your primary doctor if a facial is recommended.

**If you are a minor, you simply need a parent or guardian's signature to approve your session for a Therapeutic Skin Coach Facial. The youngest age accepted for a facial would be 13 years old. Consultations are available for individuals younger than 13 years of age.*

Which Therapeutic Skin Coach facial?

To start your journey with Therapeutic Skin Coach, it is required to do a thorough in depth consultation and health history analysis. Because of this, the first scheduled facial would be the Initial Signature Facial + Reflexology so that we can address your health history and get to know your skin. After your first facial you will be receiving one month access to the TSC program where along with a custom tailored skincare plan.

What to bring to your TSC facial?

Depending on the time of day of your facial, you may want to bring a hat, a water bottle, and have your consultation information filled out before your treatment.

What to avoid beforehand?

Before a facial it's important to avoid the following:

- Contraindicating medication (*if you're not sure, email Hayley@therapeuticskincoach.com to clarify*)
- Retin-a or retinol products for at least 5 days ahead of a treatment
- Picking the skin (*this will ruin your facial and waste both our time*)
- Injections of any sort for at least 10-14 days
- Peels or lasers for at least 14 days
- Excess sun or tanning

During the facial, what can you expect?

Each facial is very different because they are customized to your specific skin needs. Once you come in and discuss your needs and wants, you can expect some or all of the following care:

- A gentle cleanse
- Steam
- Extractions (*gentle as skin will only release what it is ready to*)

- Varied forms of exfoliation such as diamond tip microdermabrasion, ultrasonic spatula, or enzyme based mask
- Lymphatic facial massage
- Multireflex custom points treatment
- Gua sha treatment
- Cooling treatment
- LED lights
- Yin scalp treatment
- Hand and arm massage

What should you tip?

The TSC facials include your total amount and so you won't have to worry about getting charged for add ons or pressured for added gratuity. If you feel called to leave a little extra in appreciation for the service, all gratuity is donated to [Charity Water](#).

After your facial, what can you expect?

It's common for your skin to feel completely different than what you may have gotten used to. Here are some common questions on what to expect (if you have any additional questions, just let me know)...

What is normal to experience post treatment?

How do you define normal, right? Well it's common to feel a range of sensations after your facial. Whether it's tingles, warmth or even just a different breathability to your skin - that's all okay. Just be sure to communicate anything that may feel off as soon as possible, via email.

What can you do to recover faster?

Lots of water, rest and avoid any excess heat. Keep your skincare super simple, as well since your skin has already basically gone through a boot camp.

What to do the evening of your facial?

First thing you want to remember is to change your pillowcase and face towel at home. If you use the same one as the night before, your fresh skin will absorb last night's sweat and build up. Allow yourself to rest as well. If you can sneak in a little dry brushing followed by an epsom salt bath topped with a whole body cold flush, that's great. Try to avoid makeup so you don't have to touch your skin until the next morning.

What is recommended to eat?

An immunity boosting skin food based meal would be ideal. Add some greens to your next few meals and lots of electrolytes to balance your system and support lymphatic movement. No greasy foods or anything huge in sugar or salt.

Can you go out after a facial?

Preferably not since you don't want to expose your skin to too many different environments. If it's not an option make sure to do a gentle cleanse when you get home followed by cooling mist and nourishing moisture. Lots of water will also help! Alcohol will not be your best friend post treatment so be sure to skip a few nights right after your facial. It might be boring but your skin will thank you!

What about a post-facial workout?

Try not to so your skin can calm down a bit. If you really want to get something in consider some low intensity, restorative movement instead. Otherwise use your workout hour to meditate or take a bath instead.

Will the redness go down?

Of course, it certainly will if you follow the above steps. If you notice it taking more than 3-5 days to calm down please reach out. I will walk you through how to shift gears based on your skin.

When can I rebook?

Depending on your skin condition between 4 - 6 weeks is ideal. Pre-booking will guarantee you the time you want, but you can also sign up for my newsletter for weekly updates on last minute appointments. See you in a few weeks!

