

Helen's Haven
Skin Care Specialists

4614 Kilauea Avenue, Ste. 202
Honolulu, Hawaii 96816

Address Service Requested



Medical board certified

Visit our website at www.helenshaven.com
for more information on keeping your skin
healthy and beautiful.

Helen's Haven
Skin Care Specialists

*refreshing
updates*

WINTER
*
ISSUE

*relax
refresh
renew*

808 739 0400
www.helenshaven.com

Back to the Basics: *Treatments & Home Care*

The Benefits of a Facial

At Helen's Haven we offer much more than facials. The esthetics industry is greatly affected by technology. We pride ourselves on offering the newest, results oriented, equipment and services. However, we would like to take a minute to go back to basics and discuss the benefits of regular facials.

Our therapeutic facial treatments provide not only corrective benefits for your skin, but also deep relaxation and relief from stress. Each treatment is tailored to meet your individual skin care needs by targeting specific concerns and helping to restore optimum skin health. A facial is not a luxury, just to feel good, but a necessity for healthy, glowing skin.

Each Helen's Haven Signature Facial includes:

Steaming

To loosen toxins for easier removal

Extractions

Removal of blackheads and whiteheads

Massage of neck, shoulders, & face

To reduce stress, relieve tension, and improve circulation

Mask

Chosen for your individual needs and much more.

While the basic steps may be the same, the products chosen for each individual by your esthetician may be different each time depending on the condition of your skin at

that time. Your esthetician may recommend an additional treatment at the time of your facial to enhance your results.

We invite you to come in monthly and experience healthy, glowing skin!

What do I need to take care of my skin at home?

There are five basic products that everyone needs for proper home care:

Cleanser

As a general rule, unless you have very dry skin, your cleanser should be water based and rinsed off with water. If you wear a foundation with a heavy coverage, you may want to wash your face twice at night to ensure cleanliness. Always wash your face day & night. Bath soaps are usually high in alkaline and will dry the surface of the skin.

Toners and Astringents

Help ensure that your skin is really clean, leave the skin pH balanced and help all the other products you may use after penetrate better.

Exfoliation

Removes dead skin cells from the surface of the skin, that builds up daily, in order to improve the appearance. This simple step at home can help smooth your skin and help diminish blemishes.

Eye Cream

Soothes the area. It is essential to use an eye cream daily to keep your eyes looking

smooth and younger. The skin under the eye is the most sensitive part of the face. The eye area has no oil glands, leaving it drier and more sensitive. Using a facial moisturizer under the eye area can be irritating to the area leaving it puffy.

Moisturizer

In general, the difference between a day cream and a night cream is that the day cream is more protective. It may contain sunscreen and other ingredients that protect against pollution and stress. A night cream is usually more emollient. It may have ingredients that promote healing and cellular renewal. If you prefer to use one cream for both day and night, make sure you have sunscreen over it or in your makeup. Remember never leave home without sunscreen on.

These are just the five basic products everyone needs. As aging is an unfortunate natural process, many of us may need to add on anti-aging treatments to our home care routine. Your esthetician can help you select the product that is correct for your skin.

Why purchase professional skin products?

Your skin is the largest organ in your body and a physical barrier to the environment. By nature it keeps some things in and some things out.

The outer layer of skin is the actual barrier, the epidermis. The inner layer, the dermis, provides structural support. The dermis produces new cells regularly, but the process does slow with age. Cells migrate to the top layer and once they reach it they are technically non-viable. However, they do keep their water-retaining proteins.

During the aging process these outer cells clump and the moisture retaining properties are slowly compromised. The natural ability of skin to retain moisture helps keep the skin pliable and plump. As this ability decreases, we need to replace moisture loss by way of professional products.

Hydrating products increase the water content of the top layer of skin. Their ingredients are similar to the natural components of skin. Various serums strive to restore cells and aid the skin's resistance to aging conditions. The ingredients in these products range in results from improving skin's softness to increasing elasticity and pliability.

Ingredients are what make the difference in quality of products, both in-clinic and home care. With the training and education at Helen's Haven we do the research for you. You can trust that we have tried many products; asked many questions, and read many ingredient labels in order to bring to you what we feel are the best quality, results driven products on the market.

Why purchase professional products?

Because we have researched the thousands of products in the market to bring you the very best, because we use everything we sell and have seen results, because we care about each client and want to insure you are using the best products for your skin.

Call Helen's Haven today at 739-0400 to schedule an appointment or visit our website at www.helenshaven.com for more information.