

[00:00:01.520] - Ashley Kehrt

Skincare is not one size fits all. At IMAGE, we rely on skin care professionals and clinically proven ingredients to create solutions that adapt to your lifestyle. But don't take it from us. Just ask the 30,000+ professionals in over 60 countries across the globe who trust IMAGE Skincare to deliver when it comes to results. And while we got our start with skincare pros, we think it's about time you got to know us better too. Tune in to Skinfluenced to hear straight from industry professionals on how to keep your skin healthy, radiant and resilient through every stage of your vibrant life.

[00:00:36.880] - Ashley Kehrt

Hello and welcome back, skincare aficionados to Skinfluenced, where we chat about all things skin. My name is Ashley Kehrt, and I am excited to welcome back my co-host, Jacquelyn Hill. Hey, Jacquelyn.

[00:00:49.690] - Jacquelyn Hill

Hey, I'm so excited to be back. I missed you guys last week.

[00:00:53.350] - Ashley Kehrt

I know, we missed you. And happy belated birthday.

[00:00:56.710] - Jacquelyn Hill

Thank you.

[00:00:56.710] - Ashley Kehrt

You're welcome. Well, today's topic is super fun. I think we've been waiting for this for a while. We have a topic all about skin myths. So we accepted questions that you submitted, and we are going to get you the answers today. We've got some great guests with us today, and we were getting to the bottom of your most pressing skincare questions and common misconceptions.

[00:01:18.340] - Ashley Kehrt

So to start with us today is Lia Lee. She is a licensed aesthetician, business owner, and influencer. She specializes in color correction and acneic skin, and her love for skincare started through her love of creating and filming content on YouTube. Welcome, Lia.

[00:01:35.620] - Lia Leigh

Thank you. Yes, that is true. That is where my love for skincare started, I must admit.

[00:01:41.950] - Ashley Kehrt

I love that, and I think that's really exciting, because we see that's a big thing right now is people on TikTok, and they might be saying things we don't want them to say. But that's really been a big focus, is seeing skin care on all these great platforms. So why don't you tell us a little bit about how you got started.

[00:01:59.830] - Lia Leigh

So I have to agree, there's a lot of different skin trends going on right now that making us scratch our heads for sure. But I started with YouTube, so I receive a lot of different brand products from companies, and I would always try them on my skin. I'll be like, "Oh, okay, this is great, maybe this is working, maybe this isn't working for me." And I never really knew too much about product knowledge, and definitely I didn't know anything about ingredient knowledge.

[00:02:28.240] - Lia Leigh

So with that, a lot of people would always ask me my recommendation for products for their skin to help them out with their issues. I had no idea where to help them, nowhere where to start. So I was like, "What's my best option here? To be able to further my career on social media and actually be helping people and not just guessing and also helping myself. So I decided to go to school and become an aesthetician.

[00:02:58.300] - Ashley Kehrt

I love that, and I love that you took something that you were naturally good at, speaking and talking about things, and then actually taking it a next step and getting your license and now actually being able to help. I'm sure you cringe when you hear some of these people on there that we know are not aestheticians. I freak out. I always make like a PSA on Instagram. I'm like, "Just so you know, that is not appropriate."

[00:03:19.240] - Lia Leigh

That is... You know what, and I even have to cringe at some of my old videos, I'm like, "Did you actually take this thing on, because I didn't no clue what I was talking about."

[00:03:25.990] - Ashley Kehrt

No, they get to see your evolution. I love that. I love that you thought enough about it to say, "I want to educate myself."

[00:03:32.920] - Lia Leigh

Yes, definitely.

[00:03:34.030] - Ashley Kehrt

Kudos to you on that.

[00:03:34.840] - Lia Leigh

Thank you. Thank you so much.

[00:03:37.210] - Jacquelyn Hill

All right. Well, I have Chelsea here as well. So Chelsea is also a licensed aesthetician, and a certified medical electrologist, and also a certified laser technician. So a lot of letters behind Miss Chelsea's name. But what I also realize reading your bio is that you and I got started kind of the same way.

[00:03:59.380] - Jacquelyn Hill

I also struggled. I don't use past tense, struggle with acne, and from that acne, because of all my lovely melanin, I had a lot of hyperpigmentation as well. And I think I tried everything, from doctors to self-diagnosis, just kind of everything to try to heal my own skin, and once I became a skin care therapist, I learned about the skin, it helped me. So it looks like you went on that journey a little bit, too.

[00:04:29.560] - Jacquelyn Hill

So tell us about your journey in skincare.

[00:04:31.960] - Chelsea Vazquez

Yeah, yeah. That is everything that I went through. And I think there's a lot of aestheticians that went that route as well, they have been trying to troubleshoot and figure out their skin and really understand what is going on, and actually understand the physiology of skin. And I just kept stripping my skin, drying my skin out, taking antibiotics. I was dealing with cystic acne from literally my... From my face, my neck, my back.

[00:05:07.480] - Chelsea Vazquez

I still break out in bacne. It's so annoying. But now I know how to fix it.

[00:05:13.400] - Jacquelyn Hill

Doesn't go away.

[00:05:13.750] - Chelsea Vazquez

Yeah. And it's crazy because one little thing could set you back and then... I just wanted to improve it, and in learning how to improve my skin, I wanted to help others. I'm very helpful, I was always that girl that was like, "Okay, let me help you fix your brows."

[00:05:35.530] - Ashley Kehrt

You're the best ride height.

[00:05:37.180] - Jacquelyn Hill
Don't look at my eyebrows right now.

[00:05:40.350] - Chelsea Vazquez
I always was just like, "Oh, well, maybe you should try..." I didn't realize I was into skin until now. When I was a little girl, I used to poke at my mom's face and take her blackheads out, and I was super into botched and-

[00:05:56.200] - Ashley Kehrt
I think we were all like that. If you're an aesthetician, you were obsessed with skin, whether you had acne or not. I had one zit and decided I had full-blown acne and I was freaking out. And what do I do? And make up artistry is how I started too. So I think we're all like that. aesthetician is like-

[00:06:12.940] - Jacquelyn Hill
Natural born skin junkie.

[00:06:13.810] - Ashley Kehrt
Totally, totally. I love that. Yeah, I love that. Okay, so for all my natural born skin junkies here, we have a lot of questions that came in from our listeners. And so I just want us all to dive in and give our input, so... So funny, we're going to start off with acne.

[00:06:32.890] - Ashley Kehrt
Perfect.

[00:06:33.340] - Ashley Kehrt
All right. So everybody here is an acne enthusiast. So the very first questions, and I'm going to throw a few things out, but we got a lot of questions on fixing the acne, right? So what are the best things to fix? So some of the things that people ask were, can you put toothpaste on a blemish? Can you put alcohol on a blemish? If I put hot water on it, will it make it go away? So let's start with toothpaste.

[00:07:02.390] - Ashley Kehrt
Anybody have a... I have definitely... I have done this. Has anybody else done this?

[00:07:07.250] - Ashley Kehrt
So have I, I have.

[00:07:07.980] - Ashley Kehrt
I've walked around with a minty fresh face, looking crazy as ever and still had a pimples. So where did this come from, guys, with the toothpaste?

[00:07:17.740] - Ashley Kehrt
I'm going to say it was probably before social media really, right?

[00:07:22.360] - Jacquelyn Hill
It definitely was.

[00:07:24.370] - Chelsea Vazquez
I think it's definitely like that menthol feeling because

[00:07:28.780] - Ashley Kehrt
And it has alcohol in it, right? So it's drying. And you think, "Acne, dry it out," right? I mean, I see why we did this, but now that we know ingredients, we're like, "What are you doing," right? And how bad is that because it's re-stripping the skin, it's making it worse. It's a quick fix. And I think with acne, that's what you're looking for. You just... You'll do anything, right?

[00:07:50.650] - Lia Leigh
To have it gone immediately.

[00:07:52.000] - Jacquelyn Hill
Yeah, absolutely. You want that quick fix. Toothpaste used to also have triclosan in it, which is nice and antibacterial, but also not very good to ingest. And so new toothpaste guys doesn't even have that in it anymore, so keep it on your toothbrush. It's not going to do a whole lot for any kind of blemishes. What about alcohol? Do you guys have clients that come in that use alcohol on their skin to deal with their acne?

[00:08:23.560] - Chelsea Vazquez
I don't know. Have you had... Lia, have you had someone come in yet to say that they've cleansed their skin with just alcohol?

[00:08:31.420] - Lia Leigh
I actually have not, thank goodness. And I'm really thinking, I'm like, "Wow, has anyone ever expressed that to me?" And I haven't, but-

[00:08:43.000] - Ashley Kehrt
I mean, I have for sure. Sure. And they'll say, "Well, isn't it just like a toner," or, "But it dries out my skin," and then they go and lay in a tanning bed. And that's like a whole other level of scariness.

[00:08:55.090] - Jacquelyn Hill
Well, I think I'm the grandma in the group. So definitely when I was a teenager, we had this stuff called 10.0.6 lotion, which was basically alcohol. So this is the thing that they used to sell before people knew about ingredients. And so if that's what's in there, or that's what your mother used to use old school. So I feel like some of the stuff gets like passed down, like, "Oh, my mom used that and it was fine-

[00:09:20.680] - Ashley Kehrt
Right, so we're blaming our moms?

[00:09:23.320] - Jacquelyn Hill
For everything. That's what my therapist says, [inaudible 00:09:25] is the best thing. And then what about hot water? I thought that one was weird. I put hot water on my acne, it'll go away.

[00:09:33.130] - Ashley Kehrt
Maybe they think it'll open it so that they can pop that area, which they shouldn't be doing at home.

[00:09:40.060] - Lia Leigh
This, you know, and this is actually really common, I feel like with just even cleansing the face, I do have a lot of clients that come in and express that, like, "Oh, I just do the hot rag, and hot water and the rag and that's it." And I'm like, "So you know you're not doing anything, right?" But you're like, "You're causing a lot more damage than actually cleaning."

[00:10:04.780] - Lia Leigh
And I think that's an old school mindset once again, even with the... From the toothpaste, my dad taught me about the whole toothpaste thing. So I was like, "Oh my goodness." But even so, with the water as well for me.

[00:10:18.820] - Jacquelyn Hill
So I think those are definitely... I think part of our job as therapists is definitely to just give that education. One of the things that's so great about skin care is how it's always moving and evolving. So even though maybe toothpaste used to work with your dad, toothpaste is not the same, like it's not the same toothpaste that our parents had. So this one is going to be really good for you, I feel like Chelsea, because this one is about diet.

[00:10:44.920] - Jacquelyn Hill

So we got... Does chocolate... Just kill me now... And meat, my two favorite things, and all they have to do is add a martini. Does chocolate and meat give you pimples? So diet, does what you eat... Is that going to affect if you have acne or not?

[00:11:05.830] - Chelsea Vazquez

It can for sure. But it all boils down to your gut health and what... How much sugar intake are you putting into your body? Are you disrupting the natural flora in your gut? And are you just overloading yourself with things that actually bring your cortisol levels up or your... Are you taking your water intake at all? So things like that are very important. So the chocolate, like the pure form of chocolate, the dark chocolate, a little bit is good for you, it's not bad.

[00:11:48.340] - Ashley Kehrt

Right. Moderation, right? Everything in moderation.

[00:11:50.860] - Jacquelyn Hill

Yeah, but milk chocolate probably not the best.

[00:11:53.050] - Chelsea Vazquez

Yeah.

[00:11:53.320] - Chelsea Vazquez

And dairy, sometimes you want to limit because it can again disrupt your barrier... Your barrier. Your gut health and also kind of cause inflammation within the body.

[00:12:06.160] - Ashley Kehrt

Right. And I think that that's a huge topic. And I think more people are a little bit more savvy now with gut health. But when I started out as an aesthetician, I worked in the plastic surgery field. And so acne wasn't something that was really popular. But we did get it. And nine times out of ten, it was something with their diet. I'm not saying that that's everyone, because obviously we know everybody has a different reason for acne.

[00:12:32.230] - Ashley Kehrt

But you really should take a look at your intake of what's going on inside of your body. Are you using a probiotic or a prebiotic? Are you, like you said, drinking water? Are you just eating sugar all day long? Are you only eating processed meat and you're not having any greens? It's that whole balance, right? You have to balance our gut, and whatever's happening inside, you're going to see it outside, because that's how our body is going to purge it. So that's a...

[00:12:57.250] - Ashley Kehrt

That's definitely a great question. And I think the consensus is that moderation.

[00:13:03.220] - Jacquelyn Hill

Moderation. And I think it's going to be different for everybody, and for people to pay attention. I used to have my clients keep a food journal because for some people it is the chocolate. For other people, it's not. For some people, it's dairy, for other people, it's not. For some people, it's seafood. So you might have different triggers.

[00:13:21.670] - Jacquelyn Hill

And then you might as well... It might not be anything when I eat. Maybe it's hormonal. Like every time I'm having a cycle, that's when... So just keep a journal of this is when I'm having the worst break outs, and see if it's related to, "Okay, I ate this" or "I was stressed about this" or "I was having a cycle during that time", so-

[00:13:39.010] - Ashley Kehrt

Process of elimination, right?

[00:13:40.420] - Jacquelyn Hill
Process of elimination.

[00:13:42.050] - Ashley Kehrt
And that's with even ingredients. You're using a full blown new line of skin care. And something's making your skin irritated, but you don't know exactly what it is. Well, you can't just call the therapist or the company and say, "Well, which exact ingredient is making me..." This happens to us a lot here in IMAGE.

[00:13:59.890] - Jacquelyn Hill
Did you guys get it? Yes.

[00:14:01.570] - Ashley Kehrt
Well, which one is it? And more like, "Okay, so let's start talking this through. Why don't you start using... Take this away, just use this and then we'll move on to the next thing. And then when that irritation comes in, we know what it is." So it's just all about taking a step back and writing everything out and figuring out what exactly that is for your body.

[00:14:22.390] - Jacquelyn Hill
I love that you went to ingredients because our next one was, do strong actives fix acne? So how am I going to fix it, guys? Does the product have to be the strongest product in the world to fix it? That's still, I think, what people think about acne, like you got to pull out the big guns, otherwise you're not going to get any results.

[00:14:42.280] - Ashley Kehrt
And where did that start? I felt that way at 12 years old, so... And I think there are product lines that took that marketing and went with it, right? And then there're... But the problem with that is that, yes, those ingredients are going to help. But then when your body gets regulated, then you're hitting them with those strong ingredients and we're going through the process again. So there's got to be another way. Can't just be strong all the time.

[00:15:07.780] - Chelsea Vazquez
And it's all about keeping a balance. So I always explain to my clients, if you're going to add an active, you got to add a hydrator.

[00:15:15.430] - Ashley Kehrt
Right.

[00:15:15.820] - Jacquelyn Hill
Oh, I love that philosophy.

[00:15:17.380] - Chelsea Vazquez
You have to add some water loving products, and also buffer the aggressiveness of any active ingredients, start off slow as well. Add it into your regimen maybe two to three times a week, because our first thing to do is when we have a pimple, we want to nuke it. We want to...

[00:15:36.920] - Ashley Kehrt
Yeah, the big guns

[00:15:38.600] - Lia Leigh
So accurate.

[00:15:39.770] - Chelsea Vazquez
And you know when you come into... When the client comes into your bed, you see how dehydrated they are-

[00:15:47.390] - Ashley Kehrt

Because they've nuked it, right.

[00:15:48.590] - Chelsea Vazquez
Yeah.

[00:15:48.890] - Ashley Kehrt
It's stripping the skin.

[00:15:51.110] - Chelsea Vazquez
It's stripped, yeah. And I know it hurts because I've been there. Like I've... I know that their skin is in pain.

[00:15:56.630] - Ashley Kehrt
Right. And it's frustrating. It's something that you don't have control over. And it can be embarrassing for some people, especially if you've got full-blown cystic acne that hurts and you're putting on makeup and makeup and makeup to try to cover it. And with our society these days, with social media now we have filters. So that definitely helps.

[00:16:20.780] - Ashley Kehrt
But you want to feel beautiful without it, right? You want... Everybody wants to have good skin. I don't think there's one person on this planet that can say, "I don't want to have good skin." So it's just about that balance, just like you said.

[00:16:32.000] - Chelsea Vazquez
Those filters trip me out, though. It's not necessarily about my skin anymore. Now it's like, "do I need threads," or like,

[00:16:38.750] - Jacquelyn Hill
Oh, I know. I just need a filter that can walk around with me.

[00:16:44.870] - Jacquelyn Hill
I just need a... That's all I need.

[00:16:45.650] - Ashley Kehrt
You got to... Some people take it-

[00:16:47.740] - Chelsea Vazquez
Do I need a lift or do I need Kybella or something?

[00:16:49.520] - Ashley Kehrt
Some people take it to a whole other level. I'm like, "You do know that we know what you look like in person. So you're going to bring it... Bring it back a little bit. It's getting a little insane," but definitely a great way to look like you have perfect skin.

[00:17:03.770] - Jacquelyn Hill
It's a great way to... And you just have to remember that there's... I tell everybody there's no fix for acne. If you look at me and I don't have a blemish right now, I still have acne. So it's about treating it and then maintaining. So those are the good things. All right.

[00:17:18.530] - Jacquelyn Hill
So final thing on acne and oily skin, and this is moving into the pores. So questions that people have about pores, most of them really surround your pores opening and closing, which is almost... I always tell people pores are not windows or doors. So I always get the opening and closing questions. So will using hot water or steam open them up? And then can I close them up by splashing on cold water? So are you guys hearing this? What do you think?

[00:17:54.470] - Chelsea Vazquez

All the time.

[00:17:55.280] - Ashley Kehrt

It's always how do I shrink my pores? Can you give me a product that shrinks my pores? I'm like, "Well, new parents." Yeah. You were born with those and that's not possible. But I do think that people hear, again, marketing. So I think that a lot of the culprit of a lot of these questions are marketing. They hear, "Oh, this is going to shrink your pores," but in actuality, that's not possible.

[00:18:19.400] - Ashley Kehrt

So I've definitely heard that a million times, probably once a week at least.

[00:18:24.230] - Jacquelyn Hill

At least. So what are you telling people about their pores if they want to open them up with hot, hot water and close them down by using the cold water splash? You see that on Instagram a lot.

[00:18:34.560] - Ashley Kehrt

TikTok.

[00:18:36.170] - Chelsea Vazquez

Well, I just explain to them, it just doesn't happen. I explain to them that their pores are genetic for the most part. So you got to thank your mom and dad for those, like mine are very wide. And then I just explain to them that it's normal to have pores. Again, I think social media has-

[00:18:58.850] - Jacquelyn Hill

Too many filters.

[00:18:59.720] - Ashley Kehrt

Right.

[00:19:00.350] - Chelsea Vazquez

Kind of made it... Even makeup has that marketing aspect to it when they talk about smoothing pores and texture. It's okay to have pores and texture, but I just let them know, you just have to... The water. Sorry, I'm rambling, the water with it being hot and cold, it really is about the warmth and that steam just easing that sebum and that oil so that you can... And the skin also gets pliable, right? So it's also good for us and when we're in the treatment room and extracting.

[00:19:39.920] - Chelsea Vazquez

But there's no changing that, your pore size. But you can manage it through exfoliation and using things like salicylic acid. But for the most part.

[00:19:49.740] - Lia Leigh

Keeping it clean.

[00:19:50.630] - Jacquelyn Hill

Keeping it clean, right? And that's what you want to teach people. I always tell them a closed pore is clogged. So if it's... Yeah. If it's closed up that means it's clogged. So we wanted to be open so that the sebum can flow out of it naturally and they have elasticity so they will move a little bit. But you get what you get.

[00:20:12.770] - Lia Leigh

Right. And I try to explain that to all of my clients that come in with that concern. They're like, "Oh my goodness, my pores are so big. I could see them when I'm looking in the mirror," and I'm like, "Yeah, I can see mine too."

[00:20:25.580] - Ashley Kehrt

That's normal.

[00:20:26.960] - Jacquelyn Hill
And you could see JLo's too without Photoshop.

[00:20:30.800] - Lia Leigh
Exactly, and I like to keep in the mindset too, like when you were just expressing about with the steam, the steam is going to soften the skin. This is all prep and process with the facials, and I'm like, "Your pores don't open and close. They can dilate and contract. But that's about as much as we're going to get with this skin for the most part." And people are like, "Oh, okay." They understand a lot clearer, a lot better after even talking through the service with them.

[00:21:05.950] - Jacquelyn Hill
All right. So those were my top questions that I got from our listeners. Ashleigh, what did you get?

[00:21:13.330] - Ashley Kehrt
All right. So moving into SPF, this is all about sunscreens and moisturizers and protecting ourselves or not protecting ourselves. And I think a good one to start with would be that dark skin doesn't burn or get wrinkles or you don't need SPF for darker skin. How often do you hear that? Because I hear that all the time.

[00:21:32.980] - Lia Leigh
Oh, my goodness. I hear it all the time.

[00:21:33.760] - Ashley Kehrt
Your faces are saying at all, if you could see their faces, you would... Clearly, this is very common.

[00:21:40.810] - Lia Leigh
Yes, this is super, super common. And I think this is one of those myths back to what toothpaste and the hot water, it's like something that is generational, honestly, and brown skin... Growing up. I'm not going to lie, y'all. I did not wear sunscreen.

[00:21:58.660] - Jacquelyn Hill
I never heard of sunscreen until I became an aesthetician. There was no sunscreen at my house.

[00:22:04.180] - Lia Leigh
I heard of it, but there was... Yeah, no one was ever an advocate for wearing it. And I spent many summers running outside in the heat and under the hot sun and never, ever had anyone like, "Oh, let's put some sunscreen on." So now I'm so happy that more people are being educated on wearing sunscreen, especially people of color, brown skin, everyone really. So I'm happy, so happy, including myself, because even when I moved to South Florida, I was not wearing sunscreen, y'all.

[00:22:40.330] - Jacquelyn Hill
I knew that.

[00:22:43.030] - Lia Leigh
You knew that? I was still wearing... Oh my goodness, going to the beach. I love getting a nice bronze tan.

[00:22:48.160] - Ashley Kehrt
Right. We all do.

[00:22:49.360] - Lia Leigh
Oh, my goodness, y'all. I will take some shea butter to the beach and just be out there baking for real.

[00:22:54.940] - Ashley Kehrt
My soul is like, "What?"

[00:22:57.680] - Lia Leigh

I'm better, I'm better, you guys, I'm better, I don't do that anymore. If I do, I'll make sure my head is under the umbrella or anything else. I have a little SPF, but still-

[00:23:08.560] - Ashley Kehrt

You know, what's interesting about that, is that even me growing up. So I'm a Fitzpatrick 2, which for listeners that aren't familiar with that, I'm very light. And my mom tans very easy, but I don't. My father also tans very easy but I would burn. She didn't wear sunscreen, but somehow I made it into the beach bag, but it was literally for me, and that's if she could get me to sit still long enough to get it on my skin.

[00:23:34.600] - Ashley Kehrt

So I really think that this has become such a bigger topic in the last I would say 10 years, because growing up too, we didn't talk about that. You just didn't want to get a sunburn because you didn't want to peel, and it looks gross, and it hurts. It wasn't because of skin cancer or aging, et cetera. So I think that that is... It's generational, it's also dependent upon Fitzpatrick, but also just information. We just didn't have the information or the studies and all of that that we do now.

[00:24:04.180] - Jacquelyn Hill

I think there's also a shift with product companies and formulators, because honestly, until very recently, sunscreen was not formulated for our skin. And so a lot of times, even if darker skin wanted to wear sunscreen or thought, "Oh, maybe I should be protecting from the sun," you look like a ghost when you went out of the house. So there was really nothing that you could use on your skin that was effective, that was designed for you to be aesthetically pleasing. So I think that also just took sunscreen out of a lot of darker skins, just routine and vocabulary.

[00:24:41.650] - Jacquelyn Hill

And so now... I think now that you look at it, you're like, "Not only can I offer you this to protect your skin, but I can offer you something that you actually want to put on your skin and you would wear outside."

[00:24:53.590] - Lia Leigh

It's for the confident.

[00:24:54.610] - Jacquelyn Hill

Yeah, it's a lot of things that are shifting for the better. We're getting more educated and products are being developed to absolutely work for everybody, and that's super important.

[00:25:05.440] - Ashley Kehrt

It is important because there is that... No one wants to look crazy. I can remember when... I forget the name of it, but Bullfrog or something, the one that was colored. But it was also... They had it in like hot pink, so it was cool, but not. So we have come a long way. We're a little older than you. I'm not going to say my age on here.

[00:25:28.330] - Lia Leigh

I never heard of that.

[00:25:29.950] - Jacquelyn Hill

Well, because it was- yeah, because remember when zinc used to just be white and you would see with the lifeguard would have white on his nose?

[00:25:38.380] - Ashley Kehrt

On just the nose. Yeah, nowhere else, just the nose.

[00:25:39.840] - Jacquelyn Hill

Yeah, just the... So then you wanted to be cool. You can have like a hot pink nose or blue or purple nose. I don't know who decided it was cool, but it was great marketing and...

[00:25:49.690] - Ashley Kehrt

It was. And people did it because I saw it. I was not one of those folks, okay?

[00:25:55.240] - Chelsea Vazquez

Can I just add. So there was a time where I had a friend, and he was looking... It was during the summer and I was about 21 and he looked at my nose, he's like, "Oh, you have a lot of blackheads. And me being very sensitive about my acne at the time, I'm like, "What are you talking about?" So he's like, "You have blackheads all over. So I went to the dermatologist. This dermatologist, I was seeking a dermatologist of ethnic descent that really specialized in brown and black skin.

[00:26:27.640] - Chelsea Vazquez

And she was actually Indian. And she pointed to my nose and realized, "No, those are not blackheads. Those are freckles." And I never experienced freckles before. And she's like, those are years of sun exposure. So now they're actually appearing on your skin. So I was like, "Oh, I have freckles," and-

[00:26:53.880] - Jacquelyn Hill

Yeah, something we don't even think about on darker skin, but it can have all the same effects.

[00:26:58.450] - Ashley Kehrt

That's a great one, because people will say, "Oh, those are my freckles. I've had them my whole life," or and they're actually sunspots or age spots. But those are freckles. I love my freckles. I don't want to get those removed. That's my favorite one, like a full face of pigmentation and damage. And I'm about to tell them they need a full laser or a treatment for that. And they're like, "But I love my freckles." I'm like, "Ma'am, that's not..." Those, yeah, that's sun damage.

[00:27:26.350] - Chelsea Vazquez

And now I can spot it right away, and one thing-

[00:27:29.350] - Jacquelyn Hill

I can see one that's coming up.

[00:27:29.890] - Chelsea Vazquez

Yeah. One thing she did mention was she mentioned my ethnicity. So I'm Puerto Rican descent. I'm Afro Latin, but somewhere down the line, and my grandfather, he's blond hair, blue eyes, Spaniard descent. So she basically was saying, "Thank him. He's the reason why you ended up with freckles." Because I thought I was immune to it, and so... Yeah, thanks, Grandpa.

[00:28:00.910] - Chelsea Vazquez

Yeah, but that just proves to show, ethnicities and especially how the world is shifting, travel and people are becoming a lot more of mixed race, and even so, people in America, black Americans, there's somewhere down the line there could be that ethnic... How do I put-

[00:28:29.620] - Jacquelyn Hill

Yeah, it is just the diversity. I have the same thing, my grandfather is Irish, and so a lot of times when I have a chemical peel, people are like, "Oh, my gosh, you get so red." I do, and I sunburn like crazy. I also tan really well, but I will get a burn and I have pretty brown skin. So you wouldn't think that with this much brown on my skin I would get really red or sunburn. But I do sunburn really easily.

[00:28:55.560] - Ashley Kehrt

We actually teach that. So I know Jacquelyn, you and I, we teach about not judging a book by its cover, because just because someone presents to you to look a certain way, they might... Especially when it comes to the sun or a chemical peel, they may not be what you think. So for instance, me, I come in with my spray tan, I have brown hair to your eye, but I'm actually a Fitzpatrick 2 blond hair. I have light eyes, so people would think, "Oh, you have this descent," or whatever.

[00:29:28.110] - Ashley Kehrt

And I'm like, "No, I'm German," but I dye my hair. So we have to think about things like that. And that

does... That makes a huge play and difference in that.

[00:29:40.560] - Ashley Kehrt

All right. So let's talk about we don't need to wear sunscreen in the winter. Do you hear that? Because we live in Florida. So I feel like you might not hear that as much, but I definitely have heard that. And it goes along with, "I don't need to wear sunscreen inside," or because-

[00:29:57.630] - Jacquelyn Hill

Or when it's cloudy.

[00:29:58.840] - Ashley Kehrt

Or when it's cloudy. How about that one? Do you hear that often?

[00:30:02.580] - Lia Leigh

Oh, yes. Yes, I think I hear that more so with people online because of the area that we do live in, or people are like, "Yeah, it's cold outside." I'm originally from North Carolina, so it does get much colder there than it does here. And I'm still like, "No, the sun's still out you guys."

[00:30:23.980] - Jacquelyn Hill

The sun's still out. The sun comes out when it's cold.

[00:30:27.280] - Lia Leigh

It's still active, exactly. So I'm like, "The temperature outside has nothing to do with how the sun is penetrating our skin." So yes, I hear that. You guys, sadly, y'all got to stop saying that, okay?

[00:30:40.210] - Ashley Kehrt

And that's funny because I forget that you do a lot of your presence online, so you have people tuning in from all over.

[00:30:46.630] - Lia Leigh

From everywhere. From everywhere.

[00:30:48.070] - Ashley Kehrt

Right. So it's interesting that people still think that.

[00:30:51.670] - Jacquelyn Hill

Well, and some of the worst clients, some of my... Because I'm from Wisconsin and Minnesota, so talk about cold, but some of the people I've seen with the worst sunburns were out skiing. [crosstalk 00:31:01] So they're in the snow with that white snow. They're up in the mountain, right in the sun's neighborhood. They're close to the sun. And it's winter. Of course, it's freezing outside. But those are some of the worst sunburns I've ever seen are from skiers.

[00:31:17.950] - Ashley Kehrt

Right. And that actually we have a question about that, about being underwater. Does it protect you? And just like the snow, surfaces reflect light, right? So water, so if you're boating, you should be wearing... Obviously to us that's a no brainer. But people really think if you're swimming underneath that you're being protected and no, it penetrates. So snow-

[00:31:40.060] - Jacquelyn Hill

You got to go all the way, way deep to get-

[00:31:42.250] - Jacquelyn Hill

You'd have to be where the light doesn't come,

[00:31:43.970] - Ashley Kehrt

where those weird, creepy creatures are. That's the only way you're not getting sun. So, yes, please put on your SPF, and make sure that you reapply. I think that's the biggest thing as well.

[00:31:55.120] - Ashley Kehrt

All right. So let's move a little bit off of SPF into cleansing and exfoliation. Washing your face every day is bad. Have you ever heard that? I have actually... Well, I've heard I don't wash my face-

[00:32:08.720] - Jacquelyn Hill

I've heard that a lot.

[00:32:09.910] - Ashley Kehrt

Which I almost fell out of my chair, and I've heard people wash their face with very strange things, such as laundry detergent, very... Yes, I know you're looking at me like I'm crazy.

[00:32:19.900] - Jacquelyn Hill

I haven't heard the laundry detergent.

[00:32:21.730] - Chelsea Vazquez

I will fall off my chair.

[00:32:23.020] - Ashley Kehrt

I had to ask her twice to... I'm like, "I just want to make sure that I'm hearing you correctly." It wasn't the person telling me, it was her client. And this was in a show. It was at the trade show coming up in Vegas. And I was just in the middle of the class. And I was... I had no words. I'm like, "Ma'am, we really got to talk to that client because that's dangerous. Also, it's not meant for your face, but washing your face every day, is that bad?"

[00:32:49.390] - Jacquelyn Hill

I definitely hear, "I don't need to wash my face in the morning," like if I washed it at night and then I went to sleep and then I didn't do anything, I would just sleep and I didn't have any makeup on. So why do I have to wash it in the morning? So I get that a lot, that I don't have to wash my face in the morning. And then I definitely have gotten I don't wash my face. I get a lot of, "I shampoo my hair and let the shampoo run down over it. And so now it's clean." I'm like, "But the shampoo is dirty, because your hair was dirty so-

[00:33:20.410] - Ashley Kehrt

Right, and it's not the right ingredient for your skin, it's for your hair.

[00:33:24.370] - Jacquelyn Hill

But I do get that and I get it because we did take off everything. But at night when your body is repairing and making new cells and doing all the things that... Plus you're sleeping on that same pillowcase you've been on for four nights and maybe your hair has been on that pillowcase, too.

[00:33:41.950] - Ashley Kehrt

You sweat in your sleep.

[00:33:41.950] - Jacquelyn Hill

And if you're with me, your Yorkie is also on that pillowcase, right by my head. Every time I turn around, there she is right in my face. So there's a lot of things that are happening in your room at night that you do want to get out, and it doesn't... Maybe you need two cleansers. And I think that might be the conversation. You might not need a foamy bubbly cleanser in the morning time, but maybe you can do a conditioning, hydrating creamier cleanser in the morning.

[00:34:09.580] - Jacquelyn Hill

But yeah, I'm a big two time a day wash your face girl.

[00:34:14.320] - Ashley Kehrt

And then double cleansing. Is that more effective?

[00:34:18.730] - Jacquelyn Hill

It's a trend for sure right now. It's very popular, which it's not a bad thing. I love double cleansing.

[00:34:25.120] - Chelsea Vazquez

I'm a double cleansing girl. Some aestheticians I've seen them sway away from it, and they're like, "No, it's unnecessary. It can actually cause more acne than. So I'm not sure, but I'm honestly on the double cleansing wave.

[00:34:40.630] - Ashley Kehrt

I think it depends on what your cleansing with.

[00:34:42.730] - Jacquelyn Hill

I agree with that.

[00:34:42.730] - Ashley Kehrt

It all boils down to what are you using? If you're double cleansing with something from your pharmacy that's \$4 and it has straight alcohol, probably not the best. But if you're using a brand line that has great sourced ingredients, and they're balancing for your skin, and you've talked to your aesthetician about it, I think that it can be a very beautiful thing. And it definitely feels great.

[00:35:08.650] - Jacquelyn Hill

Yeah, and I think the purpose of the double cleanse, right? So I maybe don't want to cleanse twice with salicylic acid. But one time, especially because I'm such a huge advocate of sunscreen and a lot of it is water resistant. So my first time is to use something that is creamy, that's maybe a little bit lipid based to get all that water resistant make up or sunscreen off. And now I have a nice palate to introduce whatever other functional actives I...

[00:35:38.080] - Jacquelyn Hill

If I need salicylic or stem cells or whatever or my skin. But I think that's what it depends on.

[00:35:43.750] - Lia Leigh

That's what I was definitely going-

[00:35:44.170] - Ashley Kehrt

Yeah, I'm getting some nods over there. I was like, "She wants to say something."

[00:35:45.670] - Lia Leigh

I was also like, "Yeah, check out my routine." I'm like, "Yes, yes. We're on the same page," especially today because I did throw in a little bit of makeup, so I was like, "Tonight is going to be on and popping with the skin routine," so-

[00:36:00.790] - Jacquelyn Hill

Yeah, one, I don't feel like one cleanse gets it all off, like my makeup plus my sunscreen plus my day. All of that is layered on there. So I like... But in the morning, I have to be honest, I don't always double cleanse in the morning. But I definitely double cleanse at night.

[00:36:20.080] - Ashley Kehrt

I think the purpose of double cleansing is like what you're saying. It's to remove makeup and sunscreen, et cetera, and then you're cleansing to get... Once you've removed that barrier that you just put on your... Some people wear a lot of makeup and it depends on what you're wearing. Once you've removed that, then you're getting to the actual skin. So you don't necessarily... Unless you're sleeping in a full face of makeup, you need to call me, I will help you.

[00:36:45.190] - Jacquelyn Hill

That should be another question.

[00:36:47.140] - Ashley Kehrt

Do not sleep in your makeup, but if you are doing that, then I could see why you would double cleanse in the morning. But yeah, it's kind of knowing when to do things, et cetera. So let's move to exfoliation. Is hard exfoliation good for your skin? And this could go along with it. Does exfoliation leave microtears in the skin?

[00:37:07.600] - Chelsea Vazquez

Over exfoliating for sure. I person... It depends on the skin type for an actual physical exfoliant. I like to get into the chemical exfoliants, to be honest. But every once in a while it's nice to get a nice gentle bead that also dissolves, or something that is very soft and has an enzymatic blend with the beads. I like those type of physical exfoliants.

[00:37:41.380] - Ashley Kehrt

You're speaking my language. I can think of many things right now.

[00:37:44.770] - Chelsea Vazquez

Yeah, yeah.

[00:37:46.570] - Jacquelyn Hill

So because I have acne, I think the real game changer for my skin was when I started doing chemical peels-

[00:37:53.320] - Ashley Kehrt

And that's the next question. So that's just good.

[00:37:55.660] - Jacquelyn Hill

So it changed my skin. And so then I became an exfoliation addict, because usually what we see with our clients, if we give them something and it's a little good, they want more of that, and more of that, and more of that, and they can get too much of that. So I did have to teach myself, like, "You don't need to exfoliate three times a day," because then I went from my acne getting really good to, "Why is it all of a sudden getting worse?"

[00:38:21.430] - Jacquelyn Hill

Why am I so red?"

[00:38:21.880] - Ashley Kehrt

Over stripping.

[00:38:21.880] - Jacquelyn Hill

"Why am I so irritated?" So again, always just thinking it back to the purpose. Keep it going. But you still need a little barrier on your skin. You don't want to just have your out there exposed skin going crazy.

[00:38:38.380] - Ashley Kehrt

I love to use this story. I went to get my hair done one day. I've been going to the same place forever. I know exactly what they use. I always go with dirty hair, always. I'm always apologizing like embarrassed, sorry. I've done four Peloton classes with this hair. I always take a shower, but I don't always wash my hair, I have very dry hair.

[00:38:58.780] - Ashley Kehrt

This one day we were meeting with the CEO of my company and so I had to wash my hair, couldn't show up looking crazy, right? So I go with almost damp hair, like I just put in a slicked back bun, and my... She was putting the color on and I thought it was going to pass out. That's how bad it burned. And I realize she's like, "I'm not using anything different." And I'm thinking, "What is going on?" You also can be more sensitive around your menstrual cycle.

[00:39:26.470] - Ashley Kehrt

But I wasn't doing that. So I'm like, "I have no idea."

[00:39:29.200] - Ashley Kehrt

And then it dawned on me, I washed my hair and I gave myself a really good scrub on my scalp and I stripped that oil layer that protects my skin from the dye. I had never done that before. And it was a major lesson for me. And I think that really goes hand in hand with your face or your body. Not all exfoliators are created equal, first of all. And second, if you overdo a good thing, it's going to be a bad thing.

[00:39:53.830] - Ashley Kehrt

So just making sure that you are doing it appropriately and using ingredients that... You don't have to be aggressive to be good.

[00:40:01.660] - Ashley Kehrt

Just like an enzyme like you were saying enzymes, same for chemical peels. You can have a chemical peel that's an enzyme treatment. That is giving you that exfoliation, you're not peeling and shedding like a snake per se, a lot of people believe you have to peel that way, but you're still... Everybody's like, "Oh, girl." But you're still getting exfoliation in a gentle way. And then it's also helping your skin to prep for more strong treatments, et cetera.

[00:40:26.770] - Jacquelyn Hill

I love that.

[00:40:27.760] - Ashley Kehrt

Yeah, me too. All right, Jacqueline, why don't you jump into ingredients?

[00:40:31.540] - Jacquelyn Hill

Oh, because ingredients are my favorite thing, because I'm a little bit of an ingredient junky. So we definitely got a lot of questions about what ingredients can be used with other ingredients. I think, again, on the Internet, there's a lot of misinformation about, "If you use this, you can't use this. If you can use this, you can use this." So a lot of people asked about using retinol and vitamin C, can you use them together? At the same time?

[00:41:01.810] - Jacquelyn Hill

Layer them? Is it one or the other? What advice do you guys give your clients?

[00:41:08.560] - Lia Leigh

I feel like with... I'm going to go... I'm going to talk first about my skin, and then what I would typically recommend for my clients, so with myself. Listen, I will try everything on myself, like I will be-

[00:41:24.830] - Jacquelyn Hill

And she does it online so you can watch her.

[00:41:28.010] - Lia Leigh

Yes. And if it works for me, perfect. But I still keep that in mind, this is my skin and my skin is very trained to work, to react in a certain way with certain ingredients. And that's definitely not going to be the case with my client. So I keep that in mind. So with retinols, I... Listen, I don't really recommend them up front to my clients in the beginning, because a lot of them are coming to me with zero routine.

[00:42:00.910] - Lia Leigh

So I'm like, "I'm definitely not going to recommend this right now until I know that you're going to be like consistent with me-

[00:42:05.550] - Jacquelyn Hill

Right, they have to graduate up to it.

[00:42:07.460] - Lia Leigh

Exactly, like, "No, you can't handle this yet. We're not about to do that.

[00:42:10.970] - Ashley Kehrt

This is a relationship, so we're going to start slow.

[00:42:14.990] - Lia Leigh

So the vitamin C, I'll go with vitamin C all day long. If they do want to have some type of more advanced pigmentation results, then I'll be like, "Okay, well, we can try to dabble in this a little bit and we can see how your skin reacts to it." And honestly, I'll be like, "Okay, let's scoot the vitamin C to the side," depending on what product it is.

[00:42:39.910] - Jacquelyn Hill

Right. That's huge. That makes a huge difference.

[00:42:43.120] - Ashley Kehrt

Definitely does.

[00:42:43.990] - Lia Leigh

Yeah. So just depending on what is what, what step is what, like if it's a cleanser, perfect. We can still use it, you know what I'm saying? But if it's a serum I'm like, "Okay, let's take this slow. We're going to use this right now. Then let's stop using this and then try something else, try to add in.

[00:42:58.570] - Jacquelyn Hill

That's really smart, like a leave them on versus a rinse off product with your active ingredients. It's like a whole different... Like yeah, you can dabble in this all day because you're about to rinse it off in 30 seconds. But something that's going to stay on your skin long term, then we might have to be a little bit more progressive with the skin.

[00:43:17.500] - Ashley Kehrt

And going slow is good because you're slowly introducing your skin. So that alleviates having irritation, et cetera. If you're just going to go, like the four of us in this room probably will be like, "I'm just going to put that on my skin right now." We're aestheticians and we do this a lot, and our skin is trained, and that has something to do with the two. If it's a first time client, you want to go slow, right?

[00:43:39.170] - Chelsea Vazquez

Yeah, for sure.

[00:43:39.460] - Jacquelyn Hill

Definitely, definitely.

[00:43:41.830]

Like I've slapped a Jessner peel on myself, and I'm like, "What did I do?"

[00:43:50.080] - Jacquelyn Hill

Yeah, even that's great because even aestheticians sometimes we mess up. We're like, "Ooh, don't do that."

[00:43:55.630] - Chelsea Vazquez

But I also needed to feel the spice to see like, "Okay, how spicy can this get?" And like I do with my clients, I build them up. I build my skin up to do that as well. And you know, you want to kind of prep them with the vitamin C, and before you start adding more active ingredients because they're not used to an acid on their skin. And so you have to slowly introduce, and also certain irritations can cause inflammation, which causes hyperpigmentation, which we're trying to fix-

[00:44:36.790] - Jacquelyn Hill

Which we're trying to fix, and it could be a cycle.

[00:44:39.070] - Chelsea Vazquez

Yeah, exactly. And so we just got to be a little more cautious. And it's frustrating, being acne specialists, I'm sure you can relate that they want us to fix it in the next month.

[00:44:53.220] - Lia Leigh

I feel like they really think it's going to be a world of a difference from one facial. And I'm like, "I'm sorry to break it to you, but this is not that at all."

[00:45:02.230] - Ashley Kehrt

Right? It's a journey.

[00:45:03.430] - Jacquelyn Hill

Yeah. I always go, "How many years have you been breaking out like that? Okay, for every year you've been breaking out like that, you got to give me six months. So have you been dealing with this for 10 years, I'm going need a couple of years, honestly, to get you to where you're... To the maintenance phase of this."

[00:45:22.900] - Ashley Kehrt

And a lot of that is because of that quick fix, right. We can do things to get that response very quickly, but then it's going to cycle back around, so it's better to give that six months of time per year to get a... Not necessarily going away forever, but getting it under control. That's the goal, right? So-

[00:45:45.270] - Jacquelyn Hill

I always do everything to working out, I guess that's just my big comparison. You don't get to go to the gym one day and be super hot like Naomi Campbell. You don't get to have one treatment and the super, super corrected fix. But I think the other thing that people need to remember about this kind of stuff, like, "Oh, can you pair this with this," is ingredients change. So, again, I'm older. When Vitamin C came out, there was one kind of vitamin C.

[00:46:15.270] - Ashley Kehrt

L-ascorbic acid.

[00:46:16.020] - Jacquelyn Hill

That was it. And if it wasn't that, people would be like, "Don't use it, that's the only kind that works. It has to be in this concentration and this percentage. And you have to add it.. You better put zinc with it, otherwise it's not going to be stable." And that was, I don't know, 20 years ago with that brand. And 20 years later we go, "Oh, there are different forms of vitamin C-

[00:46:40.470] - Ashley Kehrt

there's a lot of different forms.

[00:46:41.340] - Jacquelyn Hill

And there's water soluble, and acidic, and oil soluble, and these are how you keep them stable, and they react to the skin differently. So, yeah, maybe 20 years ago, mixing that vitamin C with retinol did not work well on the skin, but now with different forms of retinol, encapsulated retinol, all ingredients will... They change and they evolve. And so these steadfast, hard rules that we established 10 or 15 years ago, they have to evolve too. And I think that's the thing that's not evolving. The information of how things are changing is not getting out there as fast as like, "This was the rule."

[00:47:23.370] - Ashley Kehrt

Right. And I think that's everything, because you're exactly right. I can remember even when I got started, L-ascorbic acid was very popular. It is probably the most popular version in skin care, but the characteristics of it aren't always friendly to everyone. But now we know that we can formulate with multiple forms at one time or... So it's really about being... You have to change with the times too, like we can't you can't just stick with the L-ascorbic acid for the rest of your life. We have to be willing to grow a little bit here.

[00:47:55.890] - Jacquelyn Hill

All right. So these two questions go together. So it's... With peels, is it the more aggressive is better? And then also with products, if it's burning, does that mean it's working? Does it have to burn? It's not a workout, girlfriend.

[00:48:17.790] - Ashley Kehrt

I do like the burning, though.

[00:48:18.740] - Jacquelyn Hill

I know, feel the burn, it's not Buns of Steel. It's not the same thing.

[00:48:24.390] - Ashley Kehrt

Oh my gosh, you do know what Buns of Steel is?

[00:48:27.720] - Jacquelyn Hill

I did age myself with Buns of Steel.

[00:48:29.610] - Ashley Kehrt

You did. But I know what it is.

[00:48:31.410] - Jacquelyn Hill

Okay good.

[00:48:33.030] - Lia Leigh

I feel like I know the saying, but I don't think I know the culprit or where it came from.

[00:48:37.170] - Ashley Kehrt

It's an actual... Buns of Steel is an actual workout video.

[00:48:40.230] - Jacquelyn Hill

It was a whole series. It was on VHS. It was before your time, you might have been a-

[00:48:45.600] - Lia Leigh

I remember Tae Bo.

[00:48:47.460] - Jacquelyn Hill

Oh yeah. Yeah. It was pre-Tae Bo. It was pre-Tae Bo.

[00:48:53.220] - Ashley Kehrt

I did Tae Bo in school, so that's... I'm dating myself now.

[00:48:57.780] - Jacquelyn Hill

I might have done it with my kids so I'm dating myself more.

[00:48:59.790] - Ashley Kehrt

Right, but my mom did Buns of Steel, yeah, so.

[00:49:02.610] - Jacquelyn Hill

Okay, me and your mom.

[00:49:05.250] - Ashley Kehrt

You're younger than my mom.

[00:49:05.730] - Chelsea Vazquez

They're like the Brazilian workouts. Listen, yes.

[00:49:08.430] - Jacquelyn Hill

It was... Yes. So it does it have to hurt? Is that a good indication that a product is working if you feel it tingling or burning on your skin? What do you guys think?

[00:49:20.340] - Lia Leigh

It depends on what the ingredient is. If it's salicylic acid, I feel like more often than less they're going to feel some type of tingling. But overall, no, you do not have to feel a burning sensation or tingling sensation for a product to know that it's working and it's doing its job.

[00:49:44.100] - Chelsea Vazquez

Yeah, I definitely have to agree, like we were talking about before, things are formulated so much differently now. I've been on retinol since I was 12. The retinols that I have access to now are nothing like the retinols I got from the doctor's office, yeah-

[00:50:03.450] - Jacquelyn Hill

Or you would look like chopped meat. Your skin is red and pink and peely-

[00:50:05.340] - Ashley Kehrt

You'd be peeling all the time.

[00:50:07.440] - Chelsea Vazquez

Yeah, I feel like I have some discoloration around my mouth permanently, and I really hyper focus on it to the point where I'm I'm calling a melasma at this point.

[00:50:19.610] - Ashley Kehrt

But you've named it something that it's not, but it's okay.

[00:50:24.000] - Chelsea Vazquez

I know and I remember it from when I was a kid, and I placed the retinol in the fold-

[00:50:30.150] - Ashley Kehrt

And it burned you?

[00:50:30.750] - Chelsea Vazquez

And it burned me so deeply that I still have it still to this day. But I was scared of retinol for a long time.

[00:50:38.580] - Ashley Kehrt

A lot of people are.

[00:50:39.990] - Jacquelyn Hill

Because of that?

[00:50:40.770] - Ashley Kehrt

Because of that experience. Because it was much different back then. Prescription only, you had to get it from your doctor, even different-

[00:50:49.050] - Jacquelyn Hill

A pea-size on a dry skin, dot, dot, dot-

[00:50:52.530] - Ashley Kehrt

Which did not absorb.

[00:50:53.790] - Jacquelyn Hill

Don't get it on your clothes-

[00:50:54.720] - Ashley Kehrt

So you're putting more on because, let's be real, a pea-size on dry skin does not work-

[00:50:59.460] - Chelsea Vazquez
And I didn't wear sunscreen, so it was like-

[00:51:01.320] - Ashley Kehrt
Of course not, right?

[00:51:03.420] - Chelsea Vazquez
Yeah, it was like that.

[00:51:03.540] - Ashley Kehrt
Also I think that there is a difference between feeling activity and burning. And so you all probably say the same thing when I am speaking to a client, when they're having a chemical peel, et cetera, I asked them about the activity level. I don't say burning or anything that's going to scare them, right? And they may say burning. And then you ask them, "Okay, but is it hurting you or are you feeling activity?"

[00:51:27.130] - Ashley Kehrt
"Oh, no, it's just activity."

[00:51:28.150] - Ashley Kehrt
"Okay," so that's what-

[00:51:29.430] - Jacquelyn Hill
I liked that Chelsea said it was spicy.

[00:51:31.380] - Ashley Kehrt
Spicy is my favorite.

[00:51:32.640] - Jacquelyn Hill
I should just start saying spicy.

[00:51:33.480] - Ashley Kehrt
I love spicy. I like spicy food. I like spicy people. Now I'm going to say spicy in the treatment room.

[00:51:39.180] - Jacquelyn Hill
Yeah, I like how spicy, like jalapeno or ghost pepper.

[00:51:45.120] - Ashley Kehrt
There's a big difference there too.

[00:51:46.350] - Jacquelyn Hill
She's right, like, "How spicy are we."

[00:51:48.930] - Chelsea Vazquez
Well I like to ask them a scale of one to five. Like what's your sensitivity level? And I joke around with them if they're comfortable with me. And I say, "Are you okay?" Or are you at a level five where you're like, "Girl, get this off of me." And I never say burning because they're going to associate that tingling with burning.

[00:52:13.320] - Ashley Kehrt
Right. Which is what we don't want.

[00:52:14.810] - Jacquelyn Hill
Yeah, and always looking at the skin and seeing what the skin is saying. If the skin is saying the same thing as the patient, because sometimes the patient's like, "I don't feel anything," and the skin is like, "No, girl."

[00:52:25.320] - Ashley Kehrt
Yeah, you're feeling a lot.

[00:52:28.050] - Jacquelyn Hill
A lot, because that's the patient who thinks if it hurts more... So they're not going to tell you but their skin will tell on them so you have to look at it.

[00:52:37.020] - Ashley Kehrt
Totally, and that's with neutralizing too. When you have a neutralizing cure, meaning that the aesthetician needs to neutralize it, and they're saying, "I'm not feeling any activity," and then they end up having a complication because they were, they just thought it was normal or didn't know how to tell you. So a lot of times I'll trick them and say, "Tell me where you're feeling activity on the skin." And then they're... Nine times out of 10 are going to be like, "Oh, around my nose." And then I know that they're still feeling activity. You've got to trick them,

[00:53:05.790] - Lia Leigh
I've never used that one, that's funny.

[00:53:06.040] - Ashley Kehrt
Yeah, but it's all for your benefit, we're just trying to help you.

[00:53:09.660] - Jacquelyn Hill
But I think there's the other side of the coin, too. I think there's the people who think, "Oh, my gosh, if I feel anything happen on my skin, I'm allergic to it. Oh, I feel like-

[00:53:20.160] - Ashley Kehrt
I'm so sensitive.

[00:53:21.390] - Jacquelyn Hill
"I'm so sensitive. Oh, I'm allergic to it. Oh, I'm allergic," because they're so used to using things that have nothing in them, and that just basically felt like water on the skin. So it again, always going back to that balance and making sure that people's... Some level it's like, "I don't necessarily want to feel the Buns of Steel burn, but I also don't want to feel like I was just sitting on the bench not doing anything. So there has to be a little bit of a balance

[00:53:52.680] - Ashley Kehrt
So balance is key. And seeing a licensed aesthetician. Don't diagnose yourself. Maybe unless it's Lia, don't go on youtube or Tik Tok, right? Make sure that whoever's giving you this information is accredited, because it really does make a difference.

[00:54:09.000] - Lia Leigh
Definitely.

[00:54:09.780] - Jacquelyn Hill
So one last treatment question before we get into the final question. So this one is about a specific treatment, which is dermaplaning. So I don't know if you guys offer dermaplaning, but for listeners, it's so funny because dermaplaning is becoming hot again. And I remember it's old school. It is old, like when I used to-

[00:54:32.350] - Ashley Kehrt
Old school for us.

[00:54:33.100] - Jacquelyn Hill
Yeah, when I used to work at the plastic surgeons office, literally 23 years ago because plastic surgeons didn't work with chemicals, they like a scalpel. So there was a glycolic acid company that wanted to sell glycolic acid to plastic surgeons. And plastic surgeons were like, "We don't do that." And they were like, "Oh, they like scalpels." So they taught us how to dermal plane, and then you would

apply a peel. And it was huge, like this was 23 years ago.

[00:55:00.910] - Jacquelyn Hill

And now it's like the hottest new thing. And I'm like... I feel like when I was in high school and I was like, pull bellbottoms back out, and my momma was like, "Oh, bellbottoms? Baby. I did that."

[00:55:12.880] - Ashley Kehrt

Those are also popular.

[00:55:13.930] - Jacquelyn Hill

Yes, yes. Those are also popular, so dermaplaning, and I'm like, "Oh, baby, I did that," right? But there is a question about, because it does not only remove dead skin cells, but also the vellus hairs or the little fine hairs. So is that going to make your hair thicker? So if I do this, am I going to get like a beard? Is it like shaving? Am I going to look like a man? So what are your thoughts about dermaplaning, guys?

[00:55:35.130] - Lia Leigh

No.

[00:55:36.320] - Chelsea Vazquez

No.

[00:55:37.330] - Ashley Kehrt

Very simple. No.

[00:55:39.430] - Jacquelyn Hill

Yeah, that was... It's definitely-

[00:55:41.260] - Ashley Kehrt

It will grow back because hair grows back, right? Unless you're getting it laser removed, right. It's going to grow back. But no, the biggest myth ever. I hear that-

[00:55:50.800] - Lia Leigh

It is the biggest myth.

[00:55:51.520] - Ashley Kehrt

I hear that a couple of times per week.

[00:55:53.170] - Jacquelyn Hill

I think sometimes people can feel like it feels a little bit thicker because it has that blunt end on it now, because I've cut it, so it doesn't have the fine tip on it anymore. So that can give you the impression that it's a little thicker. But vellus hair grows like vellus hair. You're going to get the same hair back that I shaved off. And if you thought it was thicker, just go get another dermal plane, girl.

[00:56:16.010] - Ashley Kehrt

Dermaplaning is my absolute favorite treatment to do.

[00:56:19.180] - Lia Leigh

I think so too.

[00:56:19.180] - Ashley Kehrt

I love it. It's so easy, but it makes such a difference, especially for somebody that's never done a treatment at all, and not necessarily... A lot of people will come in because of that vellus hair. But that's not the the main focus. The main focus is that exfoliation, and in prepping the skin for whatever treatment you're going to do after, but it is... If you are getting married or have a photo shoot or anything where you want to look, just baby smooth, just like JLo, glowy, like amazing, get a dermaplaning facial.

[00:56:46.630] - Ashley Kehrt
They are amazing.

[00:56:48.070] - Jacquelyn Hill
So you both offer dermaplaning?

[00:56:49.960] - Chelsea Vazquez
Yes.

[00:56:50.520] - Lia Leigh
Yeah, I love it. I do. Yeah.

[00:56:54.160] - Chelsea Vazquez
I'm... Like at first I was a little afraid, and now I do actually oilplaning.

[00:57:00.610] - Jacquelyn Hill
Yes.

[00:57:01.360] - Ashley Kehrt
Okay, nice.

[00:57:02.320] - Chelsea Vazquez
And then I build up the exfoliation, especially if it's a new client that I'm with, whether it be like an enzyme.

[00:57:11.710] - Jacquelyn Hill
I love dermaplaning and enzyme together, it's my favorite thing.

[00:57:14.980] - Chelsea Vazquez
And I just explain, there's two different hairs on the face, on the body. There's the vellus hair and then there's the terminal hair that's an actual... That full black hair that does grow back and has blood supply. So the vellus hair doesn't have any blood supply.

[00:57:33.580] - Ashley Kehrt
So your vellus hair, for the listeners if you're not sure, is like that peach fuzz. A lot of times it's really light colored, you don't really see it, but you know it's there. If the sun hits your face a certain way, you can see it.

[00:57:45.820] - Jacquelyn Hill
You can definitely see it on your side view mirror.

[00:57:48.700] - Ashley Kehrt
And then that thicker hair where, unfortunately even as women, we sometimes get those under the chin or on the mustache area, even your eyebrows. That's what she's talking about, about that thicker hair that has the blood flow. So, yeah.

[00:58:04.240] - Ashley Kehrt
Well, I have a... This was my favorite one, and this is going to be our close out.

[00:58:11.080] - Jacquelyn Hill
All right. That's why I left it for Ashleigh, she loves this question.

[00:58:12.820] - Ashley Kehrt
She knew, I was like, "Oh I'm asking this for sure." Is vaping better on the skin than smoking?

[00:58:19.990] - Chelsea Vazquez
Oh, is this somebody from Europe?

[00:58:23.650] - Lia Leigh

Oh, this. I've never even heard this type of question before, but I'm definitely going to say no, they're both bad for the skin, because there's so many different things to smoke through the vape, so I'm just going to say, no, they're both bad.

[00:58:41.500] - Chelsea Vazquez

Yeah. And they say, like, the vape is not... It's not a cigarette, but it's not-

[00:58:50.290] - Ashley Kehrt

It still has nicotine.

[00:58:51.280] - Ashley Kehrt

It still has nicotine.

[00:58:52.060] - Ashley Kehrt

Most of them.

[00:58:52.750] - Jacquelyn Hill

And it's not nothing. There's still chemicals, like you don't even know what's in all those oils and things that they put in there.

[00:58:58.010] - Ashley Kehrt

The liquid is typically glycerin, and vegetable oils, and stuff like that. But still, how do we know at that heated temperature what the long term effects, right? And then what is that? They are not doing studies on what your skin looks like when you're smoking or vaping. We know as aestheticians when you're smoking and you're worried about your skin, it's basically constricting the flow, your circulation, the oxygen, et cetera.

[00:59:25.240] - Ashley Kehrt

So your skin is going to look like you've been smoking, right? And it's going to look stressed. And so vaping, maybe it's a little less, but it's still the same type of thing, but I just thought this was so interesting because vaping is popular now. But it's funny to me that people would think that that's not the same thing.

[00:59:45.620] - Jacquelyn Hill

Yeah, well, I think also vaping, they had good marketing, right?

[00:59:50.290] - Ashley Kehrt

Oh, yeah.

[00:59:50.710] - Chelsea Vazquez

It's better for you.

[00:59:51.820] - Jacquelyn Hill

It's better for you. So they're like, "Well, if it's better for me internally, obviously I'm not getting that same kind of smoke, and so maybe it's better for my skin." So I think the vaping people definitely have amazing marketers, but I don't think either one is going to give you a beautiful glow. So you need to stay away from both.

[01:00:12.700] - Chelsea Vazquez

It's still oxidation,

[01:00:13.780] - Jacquelyn Hill

It's still oxidation, it's still making [crosstalk 01:00:16].

[01:00:16.180] - Ashley Kehrt

Environmental stressors, all the things that we are trying to put these ingredients on our skin to counteract, right. All right. Well, I had so much fun today. I am so, so thankful that you two joined us. And I would love for you to let our listeners know how they can reach you, how they can watch your YouTubes and your content, et cetera. So why don't we start with you, Lia, you want to tell the listeners how they can get in touch with you?

[01:00:42.220] - Lia Leigh

Of course. So Instagram, everyone has Instagram. So my Instagram handle is @glambylialeigh, and that's spelt exactly how it sounds. And my name is L-I-A L-E-I-G-H, and my YouTube channel is just Lia Leigh.

[01:00:59.450] - Jacquelyn Hill

Okay, we are going to be looking for you, Lia.

[01:01:02.920] - Ashley Kehrt

I can't wait to watch your videos. And Chelsea, how can the listeners reach you.

[01:01:07.300] - Chelsea Vazquez

Hi. I'm mainly on Instagram as well. Okay, you can reach me @ChelseaVazquez. Vazquez spelled V-A-Z-Q-U-E-Z underscore, and you can check me out on my website. I really just have an Instagram and a website.

[01:01:23.860] - Jacquelyn Hill

Okay, That's perfect. That's good.

[01:01:24.220] - Ashley Kehrt

That's okay.

[01:01:25.930] - Chelsea Vazquez

But you can check my website at chelseaskintherapy.com and yeah.

[01:01:32.680] - Ashley Kehrt

Awesome. Well, thank you again, both of you for joining us today. And thank you, listeners. I'm so happy that you were on this journey with us today. We talked about it all. So I want you to come in or tune in next month for our topic on injectables. I'm beyond excited. You know how I feel about this.

[01:01:50.400] - Jacquelyn Hill

And I... From the needle phobic over here. I'm not as excited.

[01:01:53.890] - Ashley Kehrt

We are going to talk Jacquelyn into getting Botox one day. She doesn't really need it, but I don't want her to be scared because injectables are amazing.

[01:02:00.850] - Chelsea Vazquez

It's preventative.

[01:02:01.990] - Ashley Kehrt

Thank you. Thank you. I agree it is. But that's for another time.

[01:02:05.830] - Jacquelyn Hill

That's for next month. I can work with it.

[01:02:08.080] - Ashley Kehrt

Next month, okay, and make sure you follow us on social media at IMAGE Skincare. Have a amazing day and we'll see you next month.

[01:02:16.060] - Jacquelyn Hill

Bye.

[01:02:19.480] - Ashley Kehrt

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