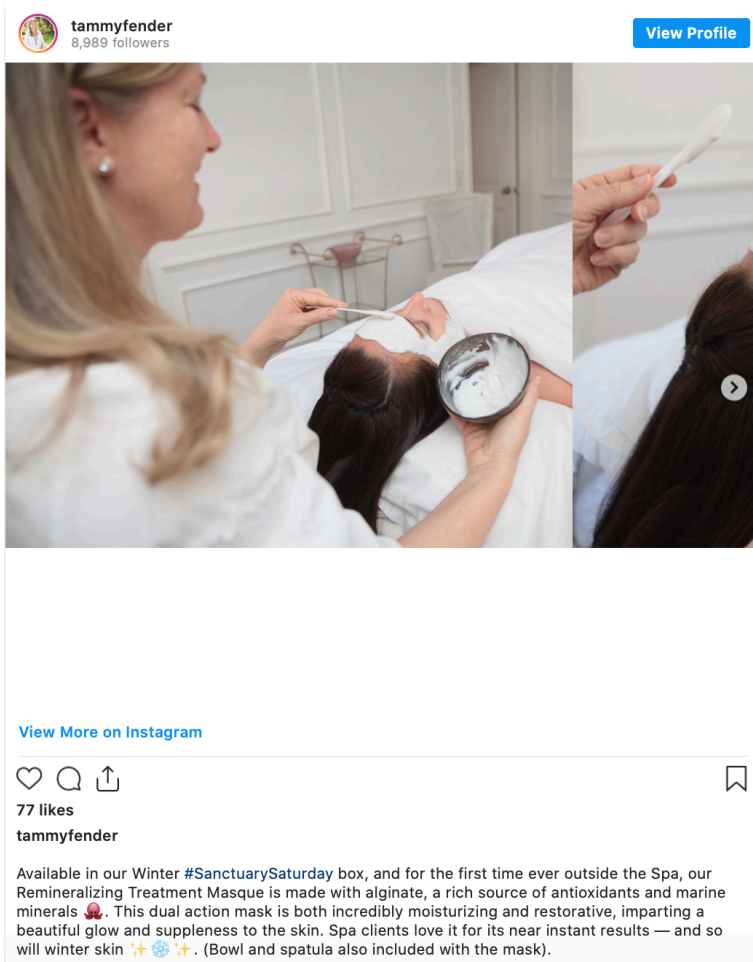


How To Give Yourself a Spa-Like Facial At Home

Expert tips on DIY facials for dry, acne-prone, and mature skin.



Facial for Dry Skin

“When working with dry skin, you need to be so gentle. Exfoliating and eliminating surface dullness is one goal, but it’s secondary to restoring the skin on deeper levels,” says beauty brand founder and celebrity aesthetician Tammy Fender. “It’s important to remember the glow we all seek comes not only from recent exfoliation, and the removal of surface cells, but from skin that is replenished at the deepest levels.”

Fender recommends “a double mask protocol” for dry skin, starting with a clay-based exfoliator and “following with a very robust treatment mask full of replenishing plant remedies that quench the skin on every level.” Then, slather on your favorite serum, a step Fender notes will protect post-facial skin, “locking in moisture.”

TAMMY FENDER'S DRY SKIN TRIO



Restorative Radiance Masque

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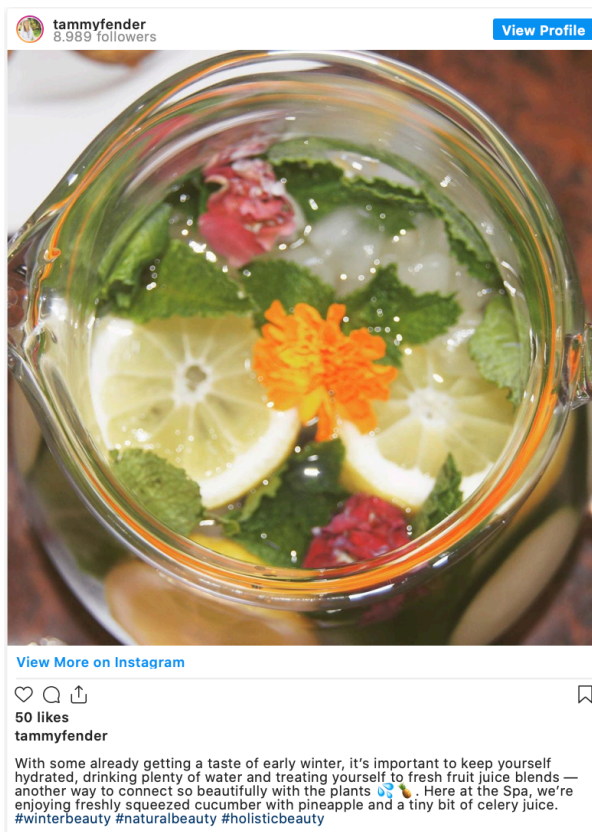
Don't fret if your skin isn't instantly rose-petal soft, either—and definitely don't overdo exfoliation in an attempt to get there. “Buffing is *never* recommended for anyone with inflammatory processes of the skin, including acne, rosacea, and eczema. If your skin is red, hot, inflamed, or has broken capillaries do not buff,” explains Marino. “You're only increasing blood flow, feeding your inflammation, and worsening your skin condition.”

Instead, try an at-home version of Fender's gommage technique to gently exfoliate: “Using fingertips, very light pressure, and small circular motions works really well. Using less pressure and investing the extra moment or two in light, repetitive exfoliation is more beneficial than fast, aggressive buffing, and will help maintain skin's integrity,” explains Fender. “You want to remove dead surface cells, but without harming the underlying living layers.”

Facial for Acne-Prone Skin

Acne-prone skin enjoys a gentle hand, so try your best to resist the temptation to over-treat it. “Truly, acne diminishes with tenderness,” notes Fender. “My approach is to cleanse deeply, detoxifying and purifying the skin, while bolstering its natural defenses, soothing any inflammation, and supporting deep healing with nutrients. You want to avoid any products that can actually aggravate the condition with harsh astringent soaps, toners that contain isopropyl alcohol, and aggressive chemicals that can strip away the skin's precious natural oils—its protective barrier.”

Similarly, don't give in to the extraction itch when you're on your own, since it can lead to more irritation and potential scarring. “Save them for your facialist—she'll be stoked to get them for you,” says Marino. “The only things that should ever be self-extracted should be soft and are removed with minimal pressure between cotton-wrapped fingertips. I like to rely on products to dissolve congestion at home, rather than teach people how to remove them.”



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With some already getting a taste of early winter, it's important to keep yourself hydrated, drinking plenty of water and treating yourself to fresh fruit juice blends — another way to connect so beautifully with the plants 🌿🍹. Here at the Spa, we're enjoying freshly squeezed cucumber with pineapple and a tiny bit of celery juice. #winterbeauty #naturalbeauty #holisticbeauty

And yes, you can still perform a facial at home even if you're currently in the middle of a breakout. "If you need to relieve painful irritation and the skin is highly inflamed, then a cool compress soaked with aloe vera juice or cucumber water does wonders. Just apply the cloth right to the skin," says Fender. "On the other hand, if you have a pustule, that's when you would want to use a warm water compress. You can lie down with a warm compress to help the skin release what needs to be naturally extracted."

For puffiness, Fender suggests a cool quartz roller, or a sterilized and smooth stone. "Then, with light pressure, roll across the face in upward and outward strokes. The important thing is to keep it all so very light," she says. Refrigerated products can help skin unwind, as well. "It's also so soothing to irritated, puffy skin to apply a compress of cold Roman Chamomile Tonic. Simply soak a cotton pad with the floral tonic that's been cooled in the fridge and gently press it into the skin."

Ultimately, you don't need to get facials every week if you take into account how day-to-day life affects your skin. "While we cannot avoid aging—it's inevitable, and it can be beautiful—we can slow down premature aging. From a holistic perspective, it's important to remember that stress hormones like cortisol can actually damage collagen. In protecting aging skin, we need to do what we can to soothe the body, and the skin, lowering the alarm system," says Fender. "Getting great sleep and lessening potential irritants and toxins really helps. But so does just having fun with friends and laughing."