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National Aesthetician Day: Top Skin Experts Share What to Ask Before a Treatment

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Celebrity facialist Tammy Fender

“At a first facial treatment, I would want to get a sense of my esthetician’s overall philosophy—are they about the quick fix, or the long-term health of your skin. Asking questions like, ‘what do you envision as the long-term arc for our work together?’ or ‘what do your clients appreciate most about your work?’ and ‘how is your work different from the work of other aestheticians?’ can help start the conversation. For me, feeling in alignment with a practitioner’s overall integrity is important. I work with clients in body, mind, spirit and through the skin, and the clients who receive the most from our work together are very open to a lifestyle-based approach that might mean making some subtle—or big—changes. It’s a holistic approach, including sleep, diet, and stress reduction, and while it achieves truly remarkable results, it’s not a path for everyone.”

