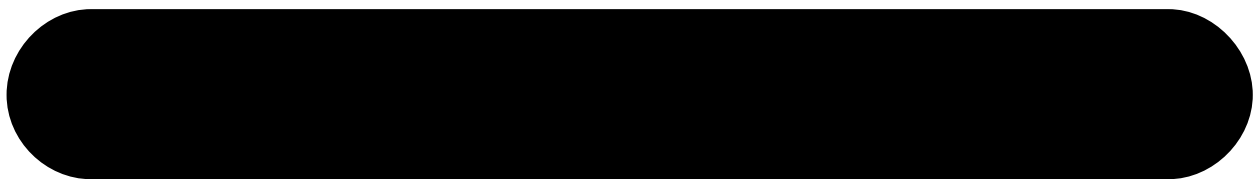


6 Benefits of Getting a Monthly Facial

Most people don't understand the benefits that a professional facial can bring. Many women and men wait until they have a skin problem or concern, such as strange pimples, itchy skin, dark spots, etc., to take care of their skin. While these frustrating problems can often be eliminated with proper monthly facials and advice on home products. A facial is generally a relaxing experience, but it can also address many skin concerns. In the continuation of this article, we are going to share with you 6 reasons not to neglect the monthly facial. Stay with [Niloofare Abi](#).

The facial is relaxing

One of the first benefits of a facial that comes to mind is probably its relaxation, and there is a good reason for this! Performing a facial calm your mind and body, and this reduces stress and tension in you. The power of a touch, massage, proper technique, and professional skin products can be healing. Facial is called "useful relaxation"! Who doesn't like to experience stress reduction at the same time as beautiful and glowing skin?!



Facial performs a deep cleansing of the skin

Other benefits of monthly facials include deep cleansing of the skin. Facials open up your pores, allowing them to release dead skin and impurities. Also, doing facials regularly will help to get rid of whiteheads and blackheads. Opening the skin pores makes you have healthier skin.

Facial exfoliates the skin

By doing a gentle scrub, dead skin cells are destroyed to reveal new cells. By cleansing and exfoliating the skin through a facial, moisture and nutrients are absorbed into the face and make it soft, smooth, and shiny.

The facial provides deeper exfoliation than what you do at home. Exfoliation smoothes the skin and allows products like moisturizers or serums to penetrate more deeply, opening pores and improving the skin's ability to retain hydration. It also makes the skin color even, and all these were just a few of the facial benefits that we have mentioned.

A facial help to tighten the facial skin

A facial involves a [massage](#) that targets your facial and jaw muscles. Just like exercising for the rest of the body, working the facial muscles helps to tighten and strengthen them. We recommend including a regular monthly massage in your schedule to increase these effects.

Performing a facial increases blood circulation

The massage performed on the facial tissues in the facial also increases the blood flow in that area. Increasing blood circulation brings many benefits, including increasing oxygen, nutrients, and cell regeneration. Blood circulation also helps in lymphatic drainage and ultimately leads to reduced puffiness and congestion.



Facial vs skin care at home

A good skin routine at home will help you achieve what you want. There are many skin care products available and it can be difficult to know which ones are best for your skin. Those who provide facial services are knowledgeable about skincare conditions and can recommend products and techniques tailored to your skin concerns and goals.

Experience facial services in a different way

Due to the numerous and effective benefits of the facial, be sure to include it regularly in your skincare routine. In this way, after several sessions, you will reach your desired result. All skin care services are performed by experienced people in the specialized massage and spa center of Lotus. Make a plan today to have cleaner and clearer skin.