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SKIN DEEP

DIY facials as good as any



DR. LESLIE BAUMANN

drb@drbaumann.com

Q: *What should I look for in a great facial?*

A: I'm afraid this isn't the answer you're looking for, but I don't

recommend facials. Studies show that as many as 80 percent of people break out after a facial. Even if you're not among them, there are no long-term skin benefits.

What are you hoping to get out the treatment? Consider more effective ways to achieve the same goals:

- **Relaxation:** Good old-fashioned pampering is the best thing about a facial — and there's a lot to be said for that. Why not go for a massage? Massages increase lymph flow, which can temporarily reduce cellulite.

- **Exfoliation:** There's no

need for professional microdermabrasion or chemical peels. In fact, a good facial scrub, like Alchimie Forever's Excimer + Gentle Antioxidant Facial Scrub, sloughs off dead skin cells just as well.

- **Luxurious Products:**

Sure, it feels wonderful to lie back and enjoy the aromas of new products — but the inflammation that can follow is less enjoyable. Even the high-quality natural products and essential oils used by many spas can cause allergic reactions. Draw a bath with one of Jo Malone's deliciously scented bath oils instead to pamper yourself without affecting your face.

In a nutshell, I've never found such a thing as a "great facial." Feel free to e-mail me your favorite facials and why you like them.

Click on MiamiHerald.com/health to ask Dr. Leslie Baumann your question.

