

The Glow-At-Home Holiday Facial

A Festive, Relaxing Self-Care Ritual for Radiant Skin

created especially for you

Disclaimer

The information in this Winter Skincare Essentials Guide is for general skincare education and is not intended to replace professional advice, diagnosis, or treatment. Every person's skin is unique and may respond differently to specific products, ingredients, or routines. For personalized recommendations and treatment plans, please consult a licensed esthetician or skincare professional.

Always patch-test new products and discontinue use if irritation occurs.

This guide is for personal use only and may not be reproduced or distributed without permission.



A Spa-Inspired Ritual You Can Enjoy at Home This Season

The holiday season is joyful — but it's also busy, stressful, and full of changes in routine. When life gets hectic, your skin often shows it first. *The Glow-At-Home Holiday Facial* is your moment to pause, breathe, and treat your skin to the nourishment it deserves. This simple routine is esthetician-approved and easy to customize.

Whether you're preparing for a holiday event or simply craving a quiet night in, this ritual offers calm, renewal, and a healthy seasonal glow.



Preparing Your Space: Your At-Home Spa Setup

Before you begin, set the stage for calm.

1. Choose your space: Your bathroom, vanity, or a cozy corner with good lighting works perfectly.

2. Gather your tools:

Recommended:

- gentle cleanser
- enzyme exfoliant
- mask (hydrating, brightening, or calming)
- serum
- moisturizer
- optional facial oil
- clean washcloth
- bowl of warm water

3. Set the mood:

- light a candle
- dim the lights
- play soft music
- silence notifications
- take a deep breath

Your facial is more than skincare — it's a reset.

Step-by-Step Holiday Facial Routine

This 7-step ritual gives you both results and relaxation.

STEP 1 – Cleanse (60 seconds). Use a creamy or gentle cleanser. Massage upward in circular motions to stimulate blood flow.

Benefits:

- removes impurities
- awakens the skin
- preps for deeper absorption

STEP 2 – Exfoliate with Enzymes (5–7 minutes). Enzyme exfoliants are ideal for winter because they remove buildup without irritating or stripping.

Ingredients to look for:

- papaya
- pumpkin
- pineapple

Benefits:

- brightens skin
- smooths rough texture
- helps serums work better

STEP 3 – Optional Warm Steam (2–3 minutes).

Lean over a bowl of warm water and cover your head with a towel. Or use an at home steamer

Benefits:

- softens the skin
- boosts circulation
- enhances absorption

STEP 4 – Mask (10–15 minutes).

Choose according to what your skin is craving:

Hydrating Mask • for dryness, tightness, dullness

Brightening Enzyme Mask • for glow, smoothness

Calming Mask • for redness or sensitivity While your mask works, practice stillness. Let this be the quietest moment of your day.



STEP 5 – Serum (Press into the Skin). Serums deliver concentrated ingredients.

Options:

- hyaluronic acid (hydration)
- peptides (firming)
- vitamin C (brightening)
- niacinamide (redness calming)

Benefits:

- deeper treatment
- long-lasting radiance
- skin health support

STEP 6 – Moisturize (Seal in Hydration). Choose a winter-friendly cream with nourishing ingredients.

Apply in upward motions along:

- cheeks
- forehead
- jawline
- neck

STEP 7 – Optional Holiday Glow Oil (Finishing Touch).

A few drops of facial oil creates:

- soft radiance
- a protective barrier
- a festive, dewy finish

Massage Techniques for Extra Glow

Add a simple facial massage:

1. The Lift + Sculpt: Upward strokes from jaw to cheekbones.

2. The Brow Soother: Press along the eyebrows to relieve tension.

3. The Under-Eye Sweep: Gentle movement from inner corner to temple.

Benefits:

- reduces puffiness
- boosts circulation
- enhances product absorption
- relieves stress



Aftercare Tips for Lasting Results

To maintain glow:

- avoid exfoliating for 48 hours
- skip heavy makeup for a few hours
- drink extra water
- sleep on a clean pillowcase (preferably satin)
- apply SPF the next day

Want faster results? Do this facial weekly during winter.

Professional treatments take your results even further!

Book a visit if you want:

- deeper exfoliation
- hydration infusion
- expert product selection for your Glow At Home Facial & homecare routine
- a skin reset before or after travel
- a holiday event glow-up

We'll help you design the ideal seasonal routine.

This holiday season, treat your skin with kindness. Your Glow-At-Home Facial is more than skincare — it's a moment of calm in a busy season.

Glow gently, glow often, and glow with intention.

And most importantly - Glow Your Own Way!

