

ON TOPIC | SKIN DEEP

be prepared, on both
sides of the table

“You must be able to read the skin and recognize what’s going on beneath the surface,” says Rhonda Allison’s Shannon Esau.

Goodwin. “Some medications will trigger an adverse reaction to a peel, which can potentially create too much inflammation and cause lasting damage to the clients’

ments. “You must be able to read the skin and recognize what’s going on beneath the surface,” says Rhonda Allison’s Shannon Esau. Anti-inflammatory ingredients are

“We recommend avoiding the sun after undergoing rejuvenating and corrective treatments, always wearing a broad-spectrum SPF with a mineral base, such as zinc, to protect from sun exposure, and being aware of your lifestyle,” says Esau. “Poor diet, excess alcohol and caffeine consumption, smoking, stress, and a lack of sleep can all contribute to inflammation. Guests should try to get plenty of sleep and incorporate antioxidant ingredients such as vitamin A, C, and E, bioflavonoids, and polyphenols into their diet.”



Estheticians also need to outline the preventative measures spa-goers can take outside of the treatment room. “We recommend avoiding the sun after undergoing rejuvenating and corrective treatments, always wearing a broad-spectrum SPF with a mineral base, such as zinc, to protect from sun exposure, and being aware of your lifestyle,” says Esau. “Poor diet, excess alcohol and caffeine consumption, smoking, stress, and a lack of sleep can all contribute to inflammation. Guests should try to get plenty of sleep and incorporate antioxidant ingredients such as vitamin A, C, and E, bioflavonoids, and polyphenols into their diet.” Sunscreen and diet only go so far, though, so if inflammatory issues persist, estheticians should know their limits and counsel clients to seek medical advice. “There are some chronic and genetic conditions that predispose you to a state of inflammation no matter what,” says Aston. “Always consult a doctor if the inflammation is uncontrollable.” ●

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