

SELF

2015
May 21
2:28 PM

Skin
By Jolene Edgar

The 4 New Facials You Need to Know About Now

Four experts spill on the ultimate treatments they have to offer.



While our iPhone clocks automatically sprang forward months ago, our skin is somewhat slower to reset. And so, every year, we welcome the warmer weather with a long-overdue facial. But think beyond the classic steam-extract-mask combo you're used to seeing—the newest facials are full of inventive methodologies, ingredients and more. Think: a shot of oxygen here, a jolt of nanocurrent there, they thoroughly transform complexions, effectively turning back time. Here, the country's top facialists share their meticulous rituals for attaining clear, smooth and glowing skin.

Kristina Holey: Inside-and-Out Rejuvenating Facial

"I never use machines," says Kristina Holey, a Holistic esthetician and Paris-trained practitioner of the buccal technique, which is an internal mouth massage. Exceedingly intimate from start to finish, the experience begins with Holey warming the skin with sorceress-like skill. She relies on circulation-boosting extracts—ginkgo biloba, lemongrass, nettle—in combination with deep massage to bring in heat and "rev up the skin." If she feels the skin can tolerate exfoliation (not for you sensitive types), she'll smooth on a mild lactic or malic acid. "Once the skin is open and ready to receive, I'll work in a cocktail of nourishing minerals and antioxidant oils to replace what might be missing," she says. A long, heavy massage follows to stimulate blood flow and work the muscles. Her specialty—that buccal massage—acts in tandem with each facial muscle to lift the skin and relieve tension. "It's incredibly effective and relaxing," she says. The treatment wraps with a customized cooling mask. Clients depart with dietary advice—Holey encourages week-long elimination diets in to spark mindful eating—plus an oil or two to use at home.

Georgia Louise: Pore-Flushing Antioxidant Facial

Equating cleanliness with goddessness, Georgia Louise—who owns an atelier on Manhattan’s Upper West Side (plus one in London) and counts Emma Stone and Jennifer Aniston as clientele—is a top purveyor of powerful, non-invasive facials. She starts by “triple-cleansing” the skin: first with her own plant oil-based balm, then a clay mask and a glycolic gel. An enzyme peel further loosens things up in preparation for the Georgia Louise Jet, a high-pressure blast of oxygen and antibacterial saline, which forces its way deep into pores to root out remaining debris while also sloughing off lackluster cells from the skin’s surface. “It’s both exfoliating and hydrating, plus the refreshingly cold temperature of the air and water prevents redness and tightens the skin,” explains Louise. Next, using her fingertips and a custom massage stone, she works along the lymphatic points of the face, pumping out any stagnant fluids that could cause puffiness or hinder radiance. Then Louise applies a brightening mix of antioxidant vitamins and apple stem cells, driving their infusion into the skin using a high-tech pairing of pulsed electrical current and low-frequency sound waves. To finish, a hydrating algae mask is then delivered with a dose of galvanic current to boost penetration, leaving skin perfectly clean, luminous, and protected. Louise sends clients off with Environ’s Revival Mask to wear to bed, and pointers on using her Lift & Sculpt Butterfly Massage Stone to soothe and tone facial skin at home.

Jordana Mattioli: Resurfacing Treatment

As is true of most top-notch treatments, “every part of this experience is fully customized,” explains Mattioli, a medical esthetician who works alongside dermatologists at Complete Skin MD in NYC and is known for fusing high-tech treatments with holistic remedies. In most cases, this medical facial consists of two distinct phases: gentle resurfacing and intense nourishing. The first half kicks off with a brightening chemical peel for normal and dry types or a TCA (that’s trichloroacetic acid) peel for acne-prone complexions. Afterward, to soothe the skin *and* ramp up collagen production, Mattioli does a brief LED therapy session before breaking out her newest toy: a machine that emits both ultrasound and electrical current to tighten skin. After painting on a freshly mixed mask of algae, minerals, growth factors and whatever else your face might be craving, Mattioli blasts skin with oxygen, which “feels divine, calms inflammation and is naturally antimicrobial.” To maintain the plump-and-dewy results at home, Mattioli urges everyone (except pregnant and nursing moms) to use a vitamin A serum nightly.

Melanie Simon: Firming and Luminizing Facial

An updated version of Melanie Simon’s much-lauded Chemical Facial, this two-hour treatment jolts skin out of its cold-weather rut. “Anytime I put on a mask or a serum, I go over it with some kind of electrical current—whether to increase circulation, soothe irritation, treat dark circles or kill bacteria,” says Simon, the self-dubbed “electrical esthetician” and co-founder of Circ-Cell Skincare. “I don’t waste a second; there are no hand massages to fill the time,” she explains of her no-nonsense procedure. The facial begins with a moisturizing oxygen mask coupled with Simon’s signature blend of currents, which “tone the facial muscles for an overall lifting effect,” Simon says. After removing the mask (with electrically charged sponges), she aerates the face and neck with a steel-needled Dermaroller (a device that is outfitted with dozens of what are often labeled “surgical-grade needles” to help ingredients penetrate more effectively) while soaking the skin with Bright Light Madonna Lilly stem cells suspended in an organic glycerin. Using nanocurrent, she forces the stem cell serum deep inside the skin, which in turn stimulates your own cellular repair. Then Simon shifts her focus to the skin’s topmost layer, carefully molding Circ Cell’s collagen sheet mask onto the face with an activation fluid. “It’s amazing for bringing skin back to life—as it sets, I can actually see the skin taking on an airbrushed look,” she says. After one last round of nanocurrent to calm things down, she lifts off the sheet mask, applies a vitamin C serum and swirls a piece of gauze-wrapped dry ice over the face for a few seconds to “eliminate lingering redness and give skin an iridescent glow.” Clients leave with strict post-facial instructions, since Dermaroll-ing leaves the skin in a vulnerable state. Two days later, clients can resume their usual skincare routine.

Nary an extraction in sight...

Getty