



GLOW GUIDE FOR

# Masques

ALL SKIN TYPES

@theglowknow

# GUIDE TO FACIAL MASQUES

## Selecting a Face Masque

### Skin Types & Conditions

Your skin type is the first thing you want to consider before selecting a face masque. Next you want to look at the condition of your skin, is there anything you would like to improve? Is your skin suffering from breakouts? Is your skin dehydrated? Is your skin looking a little dull?

Having an end result in mind will also help you select the right face masque. Adding a face masque (or two) into your weekly regime will not only improve the look and feel of your skin, it's also a really nice way to give your skin that bit of extra TLC.

Types of Masques;

- Clay Masques
- Creme/Gel Masques
- Sheet Masques
- Eye Masques

# WHAT DOES MY SKIN NEED?

## *Skin Conditions & Solutions*

### Clay Masques

Clay Masques are great for skin congestion, blemishes and breakouts. Clay masques are designed to get into the pores and draw out any excess oil, dead skin cells & impurities. Kaolin Clay is a very common clay masque ingredient as it's known for its powerful drawing abilities.

### Creme/Gel Masques

Creme and Gel Masques can be designed to treat a range of skin conditions. Skin-brightening, hydrating, firming & lifting, calming & nourishing to name a few. These masques can be applied and removed after a period of time or even left on the skin overnight.

### Sheet Masques

Sheet Masques are generally known for their skin hydrating abilities, however there are also sheet masques available that are designed to deeply cleanse the skin. These masques are essentially sheets of paper that are pre-soaked in goodness and are applied to the skin for usually 15-20 minutes. You can also readily purchase eye masques which follow the same concept.

*When in doubt...Masque it out...*

# DIY GUIDE TO *Masques*

A GUIDE TO GLOWING SKIN THAT DOESN'T COST THE EARTH



*Why*

MASQUES PROVIDE DIFFERENT BENEFITS TO THE SKIN INCLUDING; DETOXING, NOURISHING, REFINING, BRIGHTENING, YOU NAME IT. THE PERFECT ADDITION TO YOUR SKINCARE REGIME.



*When*

1 -2 PER WEEK DEPENDING ON THE MASQUE & WHAT YOUR SKIN TYPE IS. ALSO BE MINDFUL OF WHICH MASQUES NEED TO BE USED AT NIGHT TIME ONLY.



*How*

APPLY YOUR MASQUE/S AFTER CLEANSING THE SKIN. ALWAYS CLEANSE FIRST TO GET THE BEST RESULTS FROM YOUR MASQUE! I FIND IT EASIER TO TIME MY FACIALS JUST BEFORE A SHOWER SO I CAN JUST REMOVE IT IN THE SHOWER - EASY!



*Natural*

ALWAYS OPT FOR NATURALLY DERIVED INGREDIENTS. SOME 'BRIGHTENING' MASQUES CAN CONTAIN NASTIES LIKE BLEACH. ALSO AVOID PARABENS, MINERALS OILS & PHTHALATES.



*Types*

WHERE TO BEGIN? I THINK A GOOD START WOULD BE TO INVEST IN ONE THAT GIVES THE SKIN A DEEP CLEANSE/DETOX AND THEN ALSO ONE THAT IS GOING TO NOURISH/HYDRATE THE SKIN. USE BOTH WEEKLY AND THEN EXPAND FROM HERE. TRY MULTI-MASQUING AS WELL.



*Protect*

SPF IS YOUR SKINS BFF AND LETS MAKE SURE WE ARE USING A HIGH-QUALITY SPF ALSO FREE FROM NASTY INGREDIENTS LIKE MINERAL OIL & PARABENS. WE DON'T WANT TO UN-DO ALL THE HARD WORK WE HAVE PUT INTO OUR SKINCARE REGIMES!

# ULTIMATE GUIDE TO

## Multi-Masquing

### What is Multi-Masquing?

Multi-Masquing is when you use more than one masque at a time to treat different skin conditions. For example you might have some skin congestion on your t-zone but then feel really dry and dehydrated on the cheeks.

You could use a clay masque on the t-zone and a creme or gel hydrating/nourishing masque over the rest of the face.

You wouldn't be able to multi-masque with a whole sheet masque, however you could with a set of eye masques and then apply a clay or creme masque to the rest of the face.

### Overnight Masques

Some masques do not require removing and are designed to be left on the skin overnight in replace of your evening serums & cremes. Only leave masques on the skin that are designed for this.



# THE DO'S & DONT'S

## Masquing Guide

- DO use an applicator or brush to apply your face masque. Avoid cross-contamination.
- DON'T leave any sheet or eye masques on the skin for longer than the recommended time (usually 10-15mins) the masques will reabsorb the moisture.
- DO follow masque instructions always and use masques for your skin type.
- DO when in doubt ASK someone who can help you.
- DON'T apply any face masques near the eyes. Only use specific eye masques on these layers of skin.
- DO masque 2-3 times per week. Make time for you and your skin.
- DON'T use products past their expiry date.
- DO use a facial roller or Gua Sha to massage sheet masques into the skin.
- DON'T just slap your masque on, cleanse, exfoliate & done before hand.
- SPF is your skins BFF – especially after masquing. Remember to protect those fresh layers of skin.