

The High Altitude Chemical-Free Facial

This facial is for those seeking a chemical-free treatment for cleansing, moisturizing, soothing, and protecting. Combray is used in two steps; once before the mask is applied and as a final step to moisturize and nourish.

This facial can be used as a stand-alone treatment or in combination with other treatments as a first or final step. This treatment can also be used with any skin-type since oily skin is actually made oilier by excessive stripping of the skin's natural oils using soap or alcohols, which this treatment avoids.

"High Altitude" refers to the history of the facial being developed first for the dry, harsh conditions of the ski slopes in the Western US, but of course it's not only for high altitude conditions. It works especially well after any extended outdoor activity, since it moisturizes well, and Combray soothes sun and wind inflamed skin.

The facial begins using an oil-cleansing method since oils act similarly to soaps to dissolve and remove oil-based dirt. In fact, the ancient Romans used olive oil exclusively in place of soap. The advantage here in gentleness is that nothing strips away the skin's natural oils, which leads to dryness and eventually more oiliness.

You may want to have a selection of oils available. Grape seed oil is the least greasy and thinnest, olive oil tends to be the thickest, with almond oil in between. If you have scented oil that is fairly light you may combine it with Castor Oil which has a nice thick consistency since we find that, in this step, thicker oil works best for feel and longevity of the massage.

This facial is not only ideal for those who have recently exposed their skin to harsh outdoor conditions, but also for a relaxing, cleansing and rejuvenating experience using nothing harsh. Most will experience (if they do nothing else to their skin on the day of the facial) that their skin is dewy and moisturized and should look radiant enough to go out that same day without the worry of redness or irritation. We also recommend the treatment as a follow-up post-chemical peel, which is similar in many ways to a combination windburn/ sunburn. Feel free to modify, use only a step or two, or use one or more steps.



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Cleansing

Grape seed oil, Almond Oil, Olive Oil, or any other suitable oil of your choice is heated and massaged slowly and gently into the skin of the face and neck for a minimum of 5 minutes to allow it to penetrate and cleanse the pores.

Removing the oil

The oil is removed by gently wiping off excess with a soft cotton towel, warm damp cloth or natural sponge.

You will note how the cotton picks up dirt and most people are surprised at how effectively the oil acts to cleanse the skin. The skin is as clean as if soap were used, but without stripping the natural oils from the face.

The process of massaging the oils into the skin and removing them with various methods (you may use a soft cotton cloth for the first removal and a warm towel for the second removal, for example) may be repeated a few times to deeply cleanse the skin while also taking the time to give a relaxing massage not only to the face and neck but also to the shoulders and upper arms.

Exfoliating

The skin can be exfoliated with a very gentle method/product of your choice.

Mask

2 to 3 drops of Combray are massaged into the skin before an all-natural mask of your choice is applied. During the mask phase the massage should continue to the arms and hands.

Mask Removal

The mask is removed and residue is cleansed away with a steamy towel and/or natural sponge.

Combray application

Approximately 4 to 6 drops of Combray are massaged into the face and neck. This is best done as a final relaxing facial massage step. No excess oiliness should be noticeable by look or feel after this step.



Close Pores

A small amount of ice-cold water should be gently pressed into the skin using your fingertips to close pores and help the skin to feel refreshed.

Sunblock

If it is during the day, please apply sun protection or avoid the sun.

