

I LIKE TO TALK ALOT
health & beauty blog

Get Glowing Skin at SkinxFive



*** I was invited to have a complimentary facial for my honest review***

This past weekend I got a much deserved facial at the recently opened skin spa, **SkinXFive** created by board certified **Dr. Ava Shamban**. It was a treat I was very much looking forward to since this mama hasn't done much for herself since baby Zoe has arrived nine months ago. Yes, you read that right. Nine months! Actually longer than that because I refrained from a lot of things during my pregnancy as well. So you can imagine that I had that day marked on my calendar with alarms and emojis to commemorate the day!



SkinXFive focuses on providing the best skin renewing treatments available today that have little to no downtime. Perfect for those who want an effective skin treatment during their lunch hour or the day before a special occasion. Results are not only immediate, but continue to improve over the next couple of days. Dr. Ava Shamban chose the top five treatments that correct, offer preventative care and improve the skin in a modern, bright setting. Those five treatments include microdermabrasion, peels, injections, laser treatments, and radiofrequency treatments.



I was signed up for **The Infuser** and **The Refresher**, a combination of an infusing microdermabrasion treatment followed by a light chemical peel. When I arrived I had a full face of makeup on from taking family photos earlier that day and was given an opportunity to wash my face and given a quick consultation to determine what was needed for my skin. We agreed that my skin was on the dry side, but with a oily T zone, can flush easily, and had some congestion.



The Infuser was unlike any microdermabrasion treatment I've done before. In the past, I remember it feeling like sandpaper on my skin, and sometimes even leaving scratch marks on my face! This was completely different in that it was gentle and comfortable and I didn't have to contort my face or stretch my skin out in any way, I just got to relax. The products that they used afterwards smelled delicious (in my case a lemony product was used)! We even joked about how "tasty" they could be because they were all fruity! Before moving onto **The Refresher** I got a quick feel of my skin and it felt smoother already!

The Refresher truly was a light, comfortable peel. I've had pretty strong peels before where your face feels like its burning but this was just a mild tingle. It helped further remove any excess dead skin cells and smooth the skin for a healthy glow. Because I flush easily, I was warned I might be a bit pink afterwards but that it would go away quickly, and it did. The last step of this treatment was getting hyaluronic acid infused into the deeper wrinkles on my forehead and around my eyes to plump them up a bit.

I looked in the mirror after my treatments and I was a bit pink, but holy moly my skin looked a million times better! My pores were refined and markedly looked smaller, my skin just looked healthier overall. Not to mention it felt incredibly smooth afterwards! By the time I made it downstairs to meet my husband the redness had already gone away and we could move onto lunch instead of hiding in the house as I usually would do after a facial.

After reviewing their menu again I'd love to see how **The Spotless** treatment would work for me since this combination made some wonderful improvements already! It's now four days later and I still feel how smooth my skin feels and know that my serums and moisturizers are absorbing better. I haven't worn makeup since that day, but haven't felt the need to either.



To find out more about **SkinXFive** you can visit their [website](#) to see all the treatments available and how to book. You can also call them at (424) 332-8780.

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