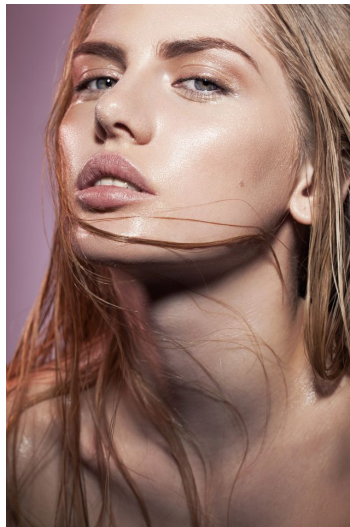


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Do I Need To Invest In A Facial Steamer? Yes, You Do.

By Nerisha Penrose | April 20, 2020

You've heard the claims: facial steamers open your pores, allow product to penetrate deeper, reveal smaller pores, and brighter skin. Plus, for some, it's the most satisfying part of a facial visit because you immediately feel a sense of ease when your esthetician takes a steamer to your face.

But what are facial steamers *really* doing?

"You probably think of steamers as a way to soften and open the pores—that's not the case, as pores aren't like doors," explains celebrity esthetician and founder of Renee Rouleau.

"Steamers help to make manual extractions easier to prevent too much stress on the skin."

Here's how it works: Steam increases the temperature of your skin, which in turn heats the debris in your pores. The dirt and oils clogging your pores are usually the consistency of hard butter, but with a little heat, they can be melted to more of soft butter. "It only stays soft as long as the skin is moist," adds Rouleau. Once your pores are open, it's easier to clean the skin and rid it of any congestion. Usually, your go-to esthetician is the key to unlocking cleaner skin, but as social distancing becomes the new norm and local businesses closed, it might be a while until you can get back in for a treatment. If you're thinking of taking matters into your own hands, you should invest in a quality facial steamer. The beauty tool can bring the spa experience to your home bathroom.

Where does a facial steamer fall in order of skincare routine?

"You should cleanse, steam, apply serum, and finish with a moisturizer."

"It's a great part of at-home self-care to make you feel good. It feels very warm and soothing on the face," Rouleau says. **Nicole Simpson**, the founder of Amethyst Skincare, adds that the steamer is great because you don't have to bend your neck too far to feel its power.

"The steamer ionizes the water molecules, which helps hydrate the skin a bit faster," she says. "Ionized water typically delivers the best results without the need for a timely process. I caution against over-steaming as it can dehydrate the skin, and that's what you want to avoid."

<https://www.elle.com/beauty/makeup-skin-care/a19632968/facial-steamer-at-home-how-to-benefits/>