

Feeling Good with Sharmaine: A Introduction to Advanced Esthetics

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"I'm a people person," says Sharmaine Mantifel, owner/operator of Advanced Esthetics by Sharmaine.

A graduate of Advanced Esthetics (with honours) and the Ottawa Academy Hair and Beauty School, Sharmaine worked for several spas before deciding to venture out on her own.

"I wanted to open my own business to focus on providing the clients with the best services possible," she explains. "I like making people feel good about themselves and making a difference in their lives."

Sharmaine has several services to help people feel good, including Swedish Relaxation Massage, Paraffin Treatments, and Long Lasting Facials. Swedish Relaxation Massage involves "a lot of kneading (pressure to target stressful areas) and effleurage (soft continuous movement up the back). It is ideal for people with a lot of stress, who work long hours, have difficulty sleeping, or have a lot of tension in their back.

"It helps clients relax physically and mentally, stimulates circulation, and helps people to sleep," she says. "Most people fall asleep half way through, because it's so relaxing."

Another way Sharmaine helps her clients is with Paraffin Treatments, a combination of heated wax and essential oils applied to the hands or feet. Sharmaine says that some hospitals use Paraffin Treatments to help relax the muscles of their patients before physiotherapy. Some of her own clients have reported relief of pain from carpal tunnel and sprained ankles, severely dry skin and arthritis. While some people, such as children and the elderly, are more sensitive to heat and need to let the wax cool a bit before using, Sharmaine says, "It is completely safe for everybody."

The Long Lasting Facial is for regular, combination, dry or oily skin. The Long Lasting Facial Plus is for mature or prematurely aging skin. Both facials include cleansing, exfoliation, steam, hot towels, extraction, facial massage, collagen and elastin gels, and moisturizer.

To increase the benefits of the facials, Sharmaine also uses the "High Frequency," a facial machine which uses a Tesla current

("violet ray") and clients get to take home products for continued use.

"You can't just have one or two facials and expect it to last forever," she explains. "For the long lasting result you need to use the products at home or have regular bi-weekly facials."

The product in this case is Clayton Shagal, which was originally created for burn victims and only available to dermatologists until recently. "I wanted a really great product that worked for my clients," Sharmaine says.

Her facial clients notice reduced appearance of acne scars, a more even complexion, reduced wrinkles, and improvements with broken capillaries. Clients with rosacea (an inflammatory condition that causes the face to look flushed) find relief from their condition and smokers experience a healthier skin tone.

Besides frequent facials, Sharmaine has several recommendations to help women feel and look good.

First, she suggests wearing sun block and sunglasses when outside in the sun and says, "If you have vision problems, wear your glasses or contacts, because squinting is a big factor in causing wrinkles!"

Next, Sharmaine recommends what she calls an "awesome body scrub" that can be made quickly and inexpensively. Sea Salt Glow is a combination of sea salt, available at bulk food stores, and your preferred choice of oil, such as almond or grape seed oil, available at health food stores. The sea salt exfoliates dead skin cells while the oil moisturizes, which Sharmaine says is especially beneficial in the winter months when people are in greater need of exfoliation.

Lastly, to help keep a more youthful appearance, Sharmaine says, "If you can only do one thing; moisturize!"

Words of wisdom from an esthetician making a difference in the lives of others.