BOOK MY WAXING

Table Of Contents

By Meena Threading & Waxing Center (Book My Waxing) — Lexington Ave, NYC

Welcome to Organic Facial

A practical guide to choosing and getting the most from an organic facial. It starts with your skin type and works toward a plan that fits your skin and your schedule.

1. **Welcome: Facials That Start With Your Skin**
2. **Know Your Skin Type**
3. **The Facial Menu and Prices**
4. **The Five Stages of Your Facial**
5. **Decoding Skincare Words: Detox, Glow, and More**
6. **Resurfacing and Acne Options: Questions to Ask Before You Book**
7. **Your First Facial: A Beginner's Checklist**
8. **Keep a Skin Diary A simple tracker to help you see what works**
9. **Midtown Skin: Offices, Screens, Commutes, and Seasons**
10. **Making Results Last: Your Between-Visit Plan**
11. **Quick Answers to Common Questions**
12. **Booking and Pricing Notes**

WELCOME: FACIALS THAT START WITH YOUR SKIN



Good skincare begins with an honest look at your skin. Before choosing a treatment, it helps to know what your skin is doing, what it needs, and what it doesn't.

At Meena Threading & Waxing Center, our organic facials use **botanical, plant-based products** to cleanse, nourish, and refresh. Every treatment starts with a **skin analysis,** so what we do is shaped by your skin rather than a fixed routine. The treatment can be tailored toward **hydration, glow, detox, or anti-aging,** and it can be calming for **sensitive, dry, or mature skin.**

This guide is built to be used. It helps you identify your skin type, understand your options, and plan your visits. We are located on **Lexington Avenue in Midtown East,** easy to reach from work or home.

BOOK MY WAXING

KNOW YOUR SKIN TYPE



You don't need to be an expert to describe your skin. A few simple observations give your esthetician useful information. Skin type isn't fixed, and it can change with the seasons, stress, and age, so use this as a starting point.

Sensitive skin
You might notice: redness, stinging, or burning with some products; skin that flushes easily; reactions to fragrance. **What helps:** gentle, fragrance-free or fragrance- controlled products; a light touch; avoiding too many new products at once. **What to tell us:** products that have bothered you, any diagnosed conditions such as **rosacea or eczema,** and allergies. **A note:** our treatments are designed to be gentle and to reduce irritation. Even so, natural ingredients can sometimes cause reactions, so please tell us before we begin.

Dry skin
You might notice: tightness after washing, flaking, rough patches, or makeup that sticks to dry spots. **What helps:** richer moisturizers, gentle cleansers, and avoiding very hot water. **What to tell us:** whether dryness is year-round or seasonal, and what you currently use. **A focus for your facial: hydration.**

Mature skin
You might notice: fine lines, loss of firmness, dryness, or a duller look. **What helps:** consistent hydration, daily sunscreen, and gentle exfoliation. **What to tell us:** your main goals, and whether you **use retinoids or prescription products. A note:** facials can support skin that looks healthy and refreshed, but they can't stop aging. See Section 05.

Oily and combination skin
You might notice: shine, especially across the forehead and nose; visible pores; occasional breakouts; dry patches elsewhere. **What helps:** gentle cleansing, lightweight moisturizer, and sunscreen. Over-washing and harsh products can make oiliness worse. **What to tell us:** when breakouts happen and what you've tried. **A focus for your facial: cleansing and balance.**

Not sure?
That's fine. Tell us how your skin feels at different times of day and during different seasons. Your esthetician will take it from there.

BOOK MY WAXING

THE FACIAL MENU AND PRICES



Our facial menu lists seven treatments. Your esthetician can help you choose.

Facial	Price
Deep Cleansing	**$60**
Hearbel Organic Facial	**$60**
Acne Hydromedic	**$75**
Saweed Facial	**$75**
Four Layer Facial	**$80**
Microdermabrasion	**$100**
Hydra Microdermabrasion Facial	**$150**

Prices are taken from our pricing page and may change. Please confirm when you book.

How to use the menu

- **New to facials?** Ask about a **starting option** and tell us what you'd like to change.
- **Not sure how treatments differ?** Ask. Our team will explain what each includes and **which suits your skin.**
- **Planning around a budget or event?** Let us know, and we'll **suggest options.**

THE FIVE STAGES OF YOUR FACIAL



Whichever facial you choose, the treatment follows a consistent flow. Here is what each stage is for.

1. Skin assessment: We begin with a **skin analysis** to understand your specific needs. This is where your **goals, concerns, and sensitivities** shape the plan.

2. Organic cleansing: A gentle cleanse **removes makeup and the day's buildup** while protecting your skin's moisture balance.

3. Botanical exfoliation: Natural exfoliants **remove dead skin cells,** helping skin look smoother and letting the next steps work better.

4. Custom mask and treatment: An organic mask is chosen to suit your goal: **hydration, glow, or soothing sensitive areas.**

5. Hydration and protection: Finishing serums and moisturizers help **seal in comfort** and leave skin feeling nourished.

Why customization matters: The same mask doesn't suit every face. **Choosing by skin type,** rather than a single routine, helps **avoid over-treating dry skin or under-treating congested skin.**

DECODING SKINCARE WORDS: DETOX, GLOW, AND MORE



Beauty marketing uses a lot of big words. Here is what some of them mean in practice, so you can set **realistic expectations.**

Detox: Your body has its own systems for clearing waste. A facial can't detoxify your body, but it can **thoroughly cleanse your skin's surface** and help **clear out pores.** When we say "detox" in the context of a facial, we mean a **deep cleanse.**

Glow: A glow usually comes from skin that is **hydrated, smooth, and clear of dull surface buildup.** It is a look, not a medical result, and it varies from person to person.

Anti-aging: A facial can hydrate skin, remove dull surface cells, and support a **healthy, refreshed look.** It can't stop time or remove wrinkles permanently. **Daily sunscreen** does more for long-term skin than any single product.

Reduces clogged pores naturally: Cleansing and gentle exfoliation can help **keep pores clear.** Pores don't open and close, and their size is largely genetic, so a facial can **help the way they look,** not change them permanently.

Chemical-free: Everything is made of chemicals, including water and plant extracts. When a product says "chemical-free," it usually means it **avoids certain synthetic ingredients.** If you're avoiding a specific ingredient, ask us about it by name.

Sensitive-skin friendly: A good sign, but not a guarantee. Plant-based doesn't always mean non-irritating.

The bottom line: a facial is a great tool. **Realistic expectations** help you enjoy it more.

RESURFACING AND ACNE OPTIONS: QUESTIONS TO ASK BEFORE YOU BOOK



Our menu also includes **Acne Hydromedic, Microdermabrasion, and Hydra Microdermabrasion Facial.** These are more specialized than a standard organic facial, so it helps to ask a few questions first.

Questions worth asking

- What exactly does this treatment include?
- How is it different from the other treatments on the menu?
- Is it right for my **skin type and concerns?**
- Will my skin look or feel different afterward, and for how long?
- Do I need to **stop using any products** beforehand?
- How should I **care for my skin afterward?**
- How many visits might I need?

Tell us if you

- Use **retinoids, exfoliating acids, or prescription skincare**
- Have had a **recent peel, laser, or other facial procedure**
- Are **sunburned or have broken skin**
- Have a skin condition such as **rosacea, eczema, or active infection**

About acne: A facial can **cleanse pores** and support clearer-looking skin, but acne has many causes, including **hormones, genetics, and stress.** It isn't a substitute for medical care. For **painful, deep, or scarring acne,** please see a **dermatologist.**

After resurfacing: Fresh skin is **more sensitive to the sun,** so **sunscreen matters even more.** Avoid picking, scrubbing, and strong products until your skin settles.

BOOK MY WAXING

YOUR FIRST FACIAL: A BEGINNER'S CHECKLIST



If you've never had a facial, a little preparation makes the experience more relaxing.

Before you go

- Avoid **strong exfoliating products and sun exposure** for a few days.
- Don't try **new products** right before your visit.
- Make a list of **questions and skin concerns.**
- Note any **allergies** and what you use at home.

On the day

- Arrive **a few minutes early.**
- Come with a **clean face** if you can, or plan time to remove makeup.
- Wear **comfortable clothing.**
- **Silence your phone.** This is time for you.

During the treatment

- **Speak up** if anything is uncomfortable, too warm, or too intense.
- Feel free to **ask what's happening** at each step.
- **Relax.** Many clients find the massage the most enjoyable part.

Afterward

- Ask for **aftercare advice** specific to your skin.
- Avoid **heavy makeup** if your skin feels sensitive.
- Use **sunscreen.**
- **Book your next visit** before you leave if you'd like to keep a routine.

Things not to worry about

- You don't need **perfect skin** to book a facial.
- You don't need to know **product names.**
- You don't need to have a **skin routine.**
- You can't be **too sensitive** for a conversation about gentler options.

BOOK MY WAXING

KEEP A SKIN DIARY



One of the simplest ways to learn what works for your skin is to write it down. A skin diary helps you **spot patterns** and gives your esthetician useful information.

How to use it: Fill in a row after each facial, and check in at **one day, one week, and two weeks.**

Date Facial Skin before Day 1Week 1Week 2Products used Notes

What to note

- **How your skin feels:** tight, comfortable, oily, irritated
- **How it looks:** dull, bright, flushed, clear
- Any **breakouts or reactions**
- Your **sleep, stress, and diet,** if you notice a link
- **Weather changes or travel**
- **New products** you've tried

Why it works: Skin changes slowly, and memory isn't reliable. After a few visits, your diary might show that your skin looks best at **four weeks,** or that it gets drier when the heating comes on. That helps you and your esthetician decide what to do next.

BOOK MY WAXING

MIDTOWN SKIN: OFFICES, SCREENS, COMMUTES, AND SEASONS



City life affects skin in specific ways. Here are some practical habits for Midtown East.

Dry office air: Air conditioning in summer and heating in winter both dry the air. Keep a **moisturizer at your desk,** and drink water through the day.

Long days and screens: Eye strain, stress, and poor sleep can leave skin looking tired. A short break, some water, and a **decent night's sleep** help more than any product.

Commuting: Pollution and dirt settle on your skin. **Cleanse in the evening,** and avoid touching your face on transit.

Sun: Sunscreen isn't only for the beach. UV light passes through windows and clouds. **Apply it every morning.**

Seasons

- **Fall:** a good time to refresh skin after a summer of sun and heat.
- **Winter:** cold air and indoor heating call for **extra hydration.**
- **Spring:** reassess your routine as the weather changes.
- **Summer:** focus on **thorough cleansing and sun protection.**

Plan for events: Book your facial **five to seven days beforehand** rather than the day before, so any temporary redness has time to settle.

BOOK MY WAXING

MAKING RESULTS LAST: YOUR BETWEEN-VISIT PLAN



Many clients book every **4 to 6 weeks,** which suits most skin well. In between, a simple routine does the heavy lifting.

Morning
1. Gentle cleanse, or just rinse with water
2. Moisturizer
3. **Sunscreen**

Evening
1. Gentle cleanser to **remove makeup, sunscreen, and the day**
2. Moisturizer, plus a serum if you like one

Weekly
A gentle exfoliation **once or twice,** if your skin tolerates it
A mask suited to your skin type, if you enjoy it

Rules of thumb
- Change **one product at a time.**
- **Patch test** new products.
- Don't **over-exfoliate.**
- Don't **pick.**
- Keep it **simple.**

When to call us If your skin develops **persistent redness, swelling, pain, or a reaction** that doesn't settle, contact us or a medical professional.

BOOK MY WAXING

QUICK ANSWERS TO COMMON QUESTIONS



What is an organic facial?
A treatment that uses **botanical, plant-based products** to cleanse, nourish, and refresh the skin.

Is it suitable for sensitive skin?
Our products are **gentle and plant-based,** and our treatments are designed to **reduce irritation.** Natural ingredients can still cause reactions in some people, so please **tell us about your skin** before we begin.

How often should I get one?
Many clients book **every 4 to 6 weeks.**

Will I see results?
Many clients notice improved **hydration, clarity, and smoothness** after one session. Results vary from person to person, and **regular visits combined with a good home routine** matter most.

What can it be customized for?
Hydration, glow, detox, or anti-aging, and it can be calming for **sensitive, dry, or mature skin.**

Can I combine a facial with other services?
Yes. We also offer eyebrow threading, body waxing, brow and lash tinting and lifting, and men's services. Ask us **which order works best** for your skin.

Do you accept walk-ins?
Walk-ins are welcome. Booking ahead is recommended if you have a specific time in mind.

READY TO BOOK YOUR FACIAL?



Reserve online or call us.

https://bookmywaxing.com/bookanappointment.html

Meena Threading & Waxing Center (Book My Waxing)

More details:
https://bookmywaxing.com/organicservices.html

676 Lexington Ave, New York, NY

- **212-486-7273**
- **212-486-9442**

Open 7 Days, 10:00 AM – 7:30 PM

Walk-ins welcome. Call for current hours.

Follow Us On