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Neck & Décolleté Services

We asked spa pros why one of the most vulnerable regions of the body is often the most neglected.

What's unique about the neck and décolleté, and why do clients tend to neglect these areas?

Michelle Maynard, owner of 360 Face, Mind & Body in Coventry, RI: The skin is very thin and sensitive in this region, which is why it's one of the first to show signs of aging. Yet, clients don't typically come in and specifically ask for a neck treatment; I usually have to suggest it as an add-on service.

Cheryl Tensley, owner of Flirt in Point Loma, San Diego: It's commonly believed that as long as you pay special attention to the face, everything else can be taken care of in the shower with some soap and water. But in reality, the neck ages so dramatically over time that it's important to start the conversation about its proper care as early as possible, preferably when clients are in their early 30s. This is crucial because it's hard to get that youthful appearance back. When clients come in, I often notice that the area looks very dehydrated, dull and flaky—and in desperate need of exfoliation. The result of exfoliating the neck and décolleté is amazing; the process reveals fresh, hydrated skin, and can it take years off a client's appearance!

Hiromi Niwa, founder and owner of La Peau Rose in Beverly Hills, CA:

Many clients only notice these areas once the first signs of aging show up. I tell them that we have to treat the neck and décolleté with the same attention we give our faces. Skin care shouldn't stop at the jawline but should continue below the neck down to the chest. Products used for the complexion—cleanser, toner, serum and cream—should be applied to the lower region as well.

What type of neck and décolleté services does your spa offer?

Niwa: Our menu includes a deep exfoliation add-on (15 min./\$40) for the neck and décolleté using Provence's 3D Gommage. The service can be included with any facial, and entails a cleansing of the neck and chest region, a massage using the Gommage treatment and the application of a targeted décolleté cream. This isn't a typical massage—the focus is to exfoliate and drain the area. I use downward movements when kneading the Gommage into the skin, and upward movements when applying the moisturizing cream to lift the skin.



NECK & DÉCOLLETÉ PRODUCTS



AminoGenesis
N.E.C.K
Control
aminogenesis.com



Apothederm
Firming
Neck Cream
apothederm.com



Bon Vital
Facial Therapy
Massage Creme
borvital.com



Botanical Science, Inc.
Neck Reserve
Crème
botanicalscience.net



Derma MD
Skincare
Mid-Lift 11
dermamdskincares.com



Elina Organics
Cleopatra
Neck Cream
elinaorganics.com



Éminence
Monoi Age Corrective
Night Cream
for Face & Neck
eminenceorganics.com

Maynard: I offer a Firming Neck, Chest & Décolleté Idealift (50 min./\$85), which follows the SAIAN protocol. It starts with the Enzyme Mask, which I apply under steam or onto moist skin. I keep this on for 7 to 10 minutes, then remove and apply the Hyaluronic Acid Ampoules, followed by the Bio-Firming Neck Crème. I also like to use the Amino-Lift Leave-On Mask and follow with a spritz of the Pure Collagen Elastin Spray or Pure Hyaluronic Acid Spray. Using the SAIAN GEM Pro portable Galvanic, EMS, Microcurrent, I massage the product into the area for several minutes. Lastly, I utilize the Bio-Firming Neck Lift Band, which I leave on for 20 minutes. I usually don't rinse off any of the product at this point, as the best benefits come from letting the ingredients sink into the skin.

Tensley: Our add-on Neck & Décolleté Therapy service (60 min./\$150) includes an exfoliation and hydration using Refineé skin care. The treatment rids the area of dryness and minimizes the appearance of wrinkles extremely effectively. Skin is instantly plumped and looks more nourished after the service—sometimes it looks like we took 10 years off the area!

What homecare recommendations do you typically give clients?

Niwa: I advise clients to use a very gentle exfoliating cleanser such as the Provence Luxurious Cleansing Cream, then follow with a light, one-minute self massage, using the brand's Sublime Décolleté cream. I also remind them to always hydrate by drinking plenty of water and regularly spraying the neck and chest region with a hydrating mist. SPF is also a must, as sun exposure is a major factor in aging and skin damage.

Maynard: I suggest clients invest in SAIAN's Neck Lift Kit. Results are seen quickly and are longer-lasting if they use the Neck Lift Band at least once a week.

Tensley: I steer them toward using Refineé's Exfoliating Fruit Cleanser, followed by the Hydrating Gel Mask, which delivers a beautiful suppleness to the skin. Then, I encourage them to spray the area with a hydrating toning spray and finish off with a firming moisturizing cream. If they do this regularly, their skin will remain beautiful and firm. I also remind them that sleeping on their side will push lines into the neck and décolleté—it's best to sleep on the back so skin remains smooth and can regenerate new cells, filling in lines. 😊



"The result of exfoliating this area is amazing; the process reveals fresh, hydrated skin, and it can take years off a client's appearance!"



TOP AND RIGHT: © GETTY IMAGES



Ilike Organic Skin Care
PhytoLift Neck & Décolleté Cream
szepelet.com



Jurlique
Herbal Recovery Neck Serum
jurlique.com



Pevonia
Stem Cells Phyto-Elite
Intensive Cream
pevoniapro.com



Provence Cosmetics
Sublime Décolleté
provencecosmetics.com



Refineé
Hydrating Gel Mask
refineeskin.com



SAIAN
Neck & Chest Lift Crème
saijan.net



SESHA Skin Therapy
Active Recovery Neck & Décolletage Cream
seshaskin.com