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## The questions you'd love to ask therapists but don't quite know how to...



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Salon survival special: Our guide to everything you've ever wanted to know about beauty treatments

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**A visit to the beauty or hair salon should be a treat - yet often there are questions you'd love to ask the therapist but don't quite know how to. Here, our beauty expert ELSA McALONAN puts some leading salon therapists on the spot. . .**

### Is there a secret to drying nail polish more quickly?

Lynda Louise Burrell, co-founder of nailgirls, advises: 'Never blow on your nails or waft your hands around, as it may cause bubbling.

'In fact, there's no real substitute for patience. You should sit in the salon for 10 to 15 minutes afterwards, and not move a muscle.

'But there are ways of helping nails dry more quickly - such as the cold water dip. Dip nails into a bowl of ice-cold water, or run them gently through a very cold tap. The colder the water, the quicker the polish will dry.

### Puffy eyes solution: Boots Natural Collection Eye Mask

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London-based facialist Georgia Louise advises: 'Take a warm shower before your appointment to soften and open the hair follicles, making them easier to pluck.'

'Ask your therapist to cool and calm the area with a cold compress directly afterwards to bring down any puffiness. You should also stay out of the sun for 24 hours.'

A cooling eye mask, such as Boots Natural Collection Eye Mask (£3.99, boots.com) which can be put in the fridge for ten minutes before use, will cool and calm the area.

Boots also does a pack of six disposable Cooling Eye Masks (£4.79) which are useful to keep in your medicine cabinet. Or use the old tried-and-trusted trick of popping a couple of teaspoons in the freezer for ten minutes, then placing them on your eyes for a few minutes to reduce swelling.

### Can I ask a facialist to squeeze spots and blackheads?

It's certainly not a good idea to squeeze or pick spots yourself. If you're going for a facial and specifically want extraction, ask beforehand whether the facialist will do it and what method they'll use.

Many facialists won't do extractions, as it can make the spot or blackhead worse before it gets better.



**Good topical antiseptic: Botanics Aromatherapy Pure Essential Tea Tree Oil, £4**

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Celebrity facialist Cherry Woods, who is based in London, says: 'Sometimes squeezing blackheads can cause more trauma than the result justifies. It can make pores look larger, loosen the skin and result in broken capillaries.'

'However, in most cases, as long as the skin is suitably softened with steam and exfoliated first, and the therapist uses a soft rolling technique with the pads of her fingers, there is no problem.'

A good therapist would never be tempted to squeeze a spot which is deep, red and has no head to it, this can cause inflammation and prolong the life of the spot.

Pricking and releasing a spot is perfectly acceptable as long as it's treated with an anti-bacterial, anti-inflammatory solution afterwards. Dab on a little tea tree oil, such as Botanics Aromatherapy Pure Essential Tea Tree Oil (£4, boots.com), which is a good topical antiseptic.