

# FROM THE TREATMENT ROOM

Professional reflections on skincare, practice, and the esthetician's craft.

BY ROBIN LEE

## The Most Common Skincare Mistakes I See in the Treatment Room

*One of the most revealing moments in any facial happens before the first cleanse — during the consultation. This is where patterns emerge. Over time, you begin to notice that most skin concerns aren't caused by neglect, but by well-intentioned habits that quietly work against the skin.*

*For students, this is encouraging: many issues are highly correctable. For new graduates, it builds confidence in your professional guidance.*

*For clients, it offers reassurance — healthy skin is usually about doing the right things consistently, not doing more.*

*Here are the skincare mistakes seen most often in the treatment room.*

### **1. Doing Too Much**

*Many clients use numerous active products at once — acids, retinoids, acne treatments, brighteners — often without a clear plan. The skin becomes irritated, dehydrated, or reactive.*

**Professional insight:** *Skin responds best to balance, not overload.*

*Guidance for clients:*

- *Simplify the routine*
- *Use actives strategically*
- *Prioritize barrier support*
- *Focus on consistency*

### **2. Misunderstanding Dry vs. Dehydrated Skin**

*This confusion leads to mismatched products and disappointing results.*

- **Dry skin:** *Lacks oil*
- **Dehydrated skin:** *Lacks water*

Many people experience both. Heavy creams alone won't fix dehydration, and lightweight hydrators won't nourish true dryness.

Helping clients understand this distinction often transforms their results.

### **3. Over-Cleansing and Over-Exfoliating**

"Squeaky clean" is not a sign of healthy skin. Tightness after cleansing usually indicates barrier disruption.

Common habits include:

- Harsh cleansers used twice daily
- Frequent scrubbing
- Layering exfoliating acids
- Cleansing too often

Improvement often begins when clients switch to gentler care.

### **4. Inconsistent Home Care**

Skin thrives on consistency. Many clients alternate between diligent use and complete neglect, expecting treatments alone to compensate.

A simple routine done daily is far more effective than a complex one used occasionally:

- Cleanse
- Moisturize
- Protect (morning)

Everything else is enhancement.

### **5. Skipping Daily Sun Protection**

UV exposure contributes to premature aging, pigmentation, sensitivity, and loss of treatment results — yet sunscreen is still frequently skipped or under-applied.

Reframe it for clients: sunscreen protects the investment they make in their skin.

### **A Final Thought from the Treatment Room**

Most clients are not careless — they are overwhelmed. When an esthetician provides calm, knowledgeable guidance, real change becomes possible.

Healthy skin rarely comes from extreme routines.

It comes from thoughtful care, applied consistently over time.

For students, this is the foundation of your future practice.

For new graduates and working professionals, it's a reminder of the quiet power you hold in every consultation.

*Often, the most transformative step is not adding something new — it's gently removing what isn't serving the skin.*

***From the Treatment Room — Professional Skin Health Series***

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