

Eva Claiborne Beauty & Wellness

Eva Claiborne | Master Esthetician

Schooled in the renowned Hungarian tradition of effective skincare therapy, Eva Claiborne is an innovative and experienced Master Esthetician and Perioperative Aesthetic Specialist with over forty years of experience. Eva provides the highest level of skincare and spa services, designed to achieve and maintain healthy beautiful skin from head to toe. In addition to her extensive European and American training, Eva has developed her own approach to skincare and launched a comprehensive line of pre- and post-operative products for plastic surgery patients — TITOK naturals®. TITOK naturals® patent-pending Pre & Post Operative Wellness Treatments were formulated alongside top dermatologists and plastic surgeons to address all patient needs. The line is a result of decades of experience on a global scale that embodies Eva's unique philosophy — people need to be more gentle with their skin. Instead of stripping the skin with harsh products, a regimen of non-abrasive products and custom treatments will bring overall well-being, both before and after cosmetic procedures and surgery. The treatments are beneficial for both elective and required surgeries.

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Qs

Do you have any winter skincare tips?
Winter is hard on the skin. We spend more time in dry, heated indoor air, and when outdoors, wind and cold dry the skin. I recommend using Titok Naturals Calming Kit at night, combined with Titok Antioxidant Serum to provide support for the skin. Even though the days are shorter, always apply SPF 40+ at the beginning of the day.

What advice do you have for those new to treatments of any kind? Where should they start? What's important to know?
When I see a new client, we design the treatment programs together for their particular skin. I like to offer a series of HydraFacial treatments to start with, and then an appropriate, simple at-home regimen. After the skin has healed and rejuvenated, we start a maintenance program. The timing of starting the maintenance phase depends on how quickly the skin improves. The program may include treatments like microneedling to improve skin texture, wrinkles and acne scars. A simple program of regular Hydrafacials may also be appropriate.

What are some body treatments for winter wellness?
When skin on the body is scaly and dry, I like to offer a golden body sugar scrub to exfoliate and prepare the skin for deeper hydration. The next step is to rehydrate the skin with a nourishing body gel mask. Finally, we finish with a gentle stone massage to improve and stimulate the lymphatic system, and finish with a relaxing scalp massage to release tension.

What do you hope for in 2023?
I would like to grow my business *and* keep my clients happy with healthy, beautiful skin. In May we're visiting one of the most famous thermal spas in Hungary. I've been visiting this spa since I was a little girl, and it never disappoints — you can find more information on my site if you'd like to join us.

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