**Project: JA Studios NYC**

**Content type: Blog**

*Writer: Siman*

*Review: Juhi*

**Title: Consider the Beauty Service Calendar for better skin and hair treatment.**

Pampering your skin should be on top of your monthly calendar, don't you think? Yes, of course, you should have a routine for taking the essential beauty services to ensure that you provide your skin and hair the nourishment it requires. So, if you ever find that your nails are chipped, or your face has lost its glow because of regular dust and dirt, plan for a beauty salon visit.

You have to look for the **best beauty studios in New York**and check when you last visited a salon for a manicure, pedicure, haircut, and facial. It is essential to keep a track of how often you take specific beauty treatments to avoid missing any of the essential skin and hair treatments. You need to be the kind of person who notes down everything and has a proper calendar so that self-care is not missed.

To help you find out how often you should be treating yourself, we have listed below some expert tips. These tips will tell you when you should head in for beauty treatments.

**What is the perfect time to go for these beauty treatments?**

**Manicure**: When it comes to taking care of the hands and nails, most of the ladies ignore it. But they should know the importance of going for frequent manicures as it is essential for self-care. If you are not taking this beauty treatment, your nails can be in poor shape. You can also observe the growth of ragged cuticles.

Even dermatologists also suggest that you should take manicure treatment at least once in two weeks. Even if you don't care about yourself much, you should at least take care of the cuticles and keep on applying your favorite oil or hand cream for its maintenance.

**Pedicure**: Beauty treatments are not limited to your face and hand. You need to take equal care of your feet and stop being hard on them as they also require a lot of maintenance for looking healthy and beautiful. Even professionals recommend taking monthly pedicures, especially during winter boots season. So, search for the **best beauty studios in New York**and go for an early pedicure appointment this time. Pedicure is one of the finest treatments for your feet and ensures all the dead skin cells are scrubbed off.

**Hair cut:**When it comes to a haircut, there is no hard and fast rule for when you should go for it. The best you can do is, when you find split ends, understand it's time for the cut. As some hair cuts can last 3 months while others may require early attention, look for**the best hair studios in Soho NYC**and book your appointment accordingly.

**Facials**: You sleep because your mind needs rest. Similarly, your skin requires something for relaxation and nourishment, which is possible with the help of a facial. You must go for an extraction facial seasonally to give the refreshment that your skin demands the most. More specifically, according to a New York-based aesthetician, you should go for facial treatment at least 4 times a year. It is essential to stimulate your tissues, improve your skin elasticity and get better blood circulation. In short, it is a must for younger and youthful-looking skin.

**Hair Colour**: It's essential to keep track of what your hair requires. And if you wish to have an improved and celebrity-like look, fixing your hair color appointment with the**best hair studios in Soho NYC** is a great option. You should go for hair color once in a few months. Also, you've got a number of options with full hair color, highlights, balayage, lowlights, or ombre.

**Conclusion**:

Keeping a record of your skin and hair treatment and visiting the beauty studio at the right time is mandatory for a balanced life. Give yourself the 'Me Time' and flaunt your skin to collect compliments from everywhere you go.