



What is a Chemical Peel?

Administered by skincare professionals, chemical peels work by exfoliating the skin's surface to reduce the appearance of blemishes, smooth skin texture, improve radiance, and restore skin health. These effective treatments can be performed on the face, neck, chest, hands, arms, or legs. They are most effective at enhancing cell turnover and improving the appearance on the surface of the skin. During the treatment, your skincare professional will apply one or more layers of a chemical peel solution onto skin for a specified amount of time. This is dependent on the type of chemical peel used, the concentration of the solution, skin type, and skin's reactivity to the treatment. While some peels are self-neutralizing, most formulas need to be neutralized with a buffering solution or water upon completion of the treatment. The goal is to create a controlled, safe injury to the skin, thereby prompting skin to naturally repair itself and reveal newer, brighter skin. It is important that chemical peels are performed by a licensed skincare professional with access to high-performing peel solutions that are clinically proven to deliver results. Your skincare professional may also recommend advanced homecare products to precondition skin or extend results.

What Will I Experience During a Chemical Peel?

Even a superficial chemical will produce a tingling sensation on the skin. However, this mild discomfort will typically subside within a few minutes or once the peel solution has been neutralized. In general, skin accustomed to chemical peels will tolerate stronger formulations. A superficial peel can produce some redness, similar to a mild sunburn, which may last 3 to 5 days. Immediately after a chemical peel, skin becomes more photosensitive. It is absolutely necessary that a broad-spectrum sunscreen is applied daily post treatment, and that sun exposure is avoided or kept to a minimum.

How will I benefit From a Chemical Peel?

Chemical Peels help treat a wide variety of skin conditions and concerns, from acne, acne scarring, hyper pigmentation or age spots, dehydration, fine lines and wrinkles, skin elasticity and luminosity, and help to improve the overall tone and texture of the skin. You can achieve these results with even one chemical peel, but the best results are achieved with a series of 3-6 peels done at least 14 days apart.

How long is the recovery after a chemical Peel? And how do I take care of my skin afterward?

Recovery times will vary based on the type and strength of the peel. Immediately after the peel, your skin will feel tight and may be red. Any visible peeling will be light and fluffy and easily controlled with moisturizer. Peeling usually lasts 3-5 days, depending on the actual peel treatment. Use of gentle cleanser, moisturizer and sunscreen is important, as it will enhance the healing process and results. Normal activity may be resumed after the peel, however strenuous exercise and heavy sweating should be avoided for 2-3 days. Sun exposure should be avoided while skin is peeling; exposure of treated skin to a lot of heat should also be avoided as it may induce swelling, redness and for deeper peels blisters under the skin. Peeling skin should be allowed to slough off naturally; picking or peeling of flaking skin is prohibited, as it may lead to scarring. Use of prescription topicals should be avoided for 3-5 days post peel.

Why did I not have any visible peeling after my chemical peel?

The success of the peel should not be judged by the amount of peeling, but by the end results that the peel will produce. The amount of peeling may vary depending on individual skin condition at the time of the peel or the depth of the peel. Regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate, resulting in the improvement of skin tone and texture and an improvement of fine lines and uneven pigmentation.