How To Choose The P.E.R.F.E.C.T Peel To Revitalize And Enhance Your Face
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Who hasn’t dreamt of having the perfectly flawless and glowing facial skin? The skin of the face is extremely fragile and even for those who look after their skin carefully, wrinkles, lines and other damages can appear within the top and even deep layers of your skin.

The sun, pollution, heredity and many other factors can contribute to the skin of the face and neck to age much quicker then it normally should. Those of you who’ve suffered from acne for a long time may have what we call acne scars.

Others may have developed blemishes or an uneven texture of their facial skin and would like to know if it’s possible to improve and possibly get rid of these skin imperfections.

There was a time when you had to spend a little fortune on chemical face peels because they were done by professionals only. You’d have to visit a dermatologist or someone qualified in this kind of treatment.

Well, the good news is that you now can have chemical facial peels done at home for a fraction of the cost. Chemical facial peels are becoming more and more popular thanks to their affordability and ease of use. They also produce great results, so it’s time to read some more about chemical face peels.

**P- Perfect Chemical Peels- What Are They?**

Chemical face peels have been around since the mid 1920s and were first used by medical experts such as dermatologists or plastic surgeons only. Since then, and with the development of the beauty industry, chemical face peels have been available for home use too, and with great success.

The home chemical face peels have helped countless of people- both men and women- rejuvenate and improve the complexion and texture of their skin but their actions are not limited to giving a younger and fresher looking skin. They are now widely used to treat other skin problems too.
Indeed, all sorts of skin imperfections can be treated with the help of chemical face peels. Amongst the most common skin issues are acne scars, black heads, age spots, hyper-pigmentation and fine lines. Large pores, sun damage, deep wrinkles or even blemishes can also be treated safely at home with chemical face peels.

There is a wide variety of different chemical peels suited to each particular skin problem. Whether you simply want your facial skin to look refreshed and oxygenated or if you are looking for a solution to reduce age spots, mild scars or freckles, home chemical peeling can offer you a safe and reasonably-priced long-term solution from the comfort of your own home.

### E- Examples of Current Chemicals Peels

Let’s have a look at all the different kinds of chemical peels currently on the market:

As explained above, chemical peels are used for different purposes and classified according to their active ingredients (acids) and actions on particular skin issues you are looking to treat.

If what you are looking for is a mild and not too abrasive peeling, then a glycolic acid peel containing Alpha Hydroxy acids (AHA) is going to be the most appropriate treatment for you. Glycolic acid peels are most suited to people looking to treat very fine lines (not wrinkles) or small acne scars.

Other skin issues including stubborn patches of dry skin or uneven skin texture can be successfully treated with face peels belonging to the (AHA) family.

Although very light on the skin, this kind of facial peel can still produce rapid and excellent results on minor and mostly non visible skin problems.

Now, if you are looking for a slightly stronger effect—let’s say you have several visible acne scars—then, you should opt for the Beta
**Hydroxy Acid Peel.** This particular acid, which is significantly more potent than the AHA has a much deeper effect on most of the skin issues.

This salicylic- based acid peel is now taking over the very popular Alpha Hydroxy acid one thanks to its overall efficiency. Furthermore, Beta Hydroxy acid peels have proven very effective in removing deep layers of dead skin cells as well as in balancing out sebum excretion, which remains the number one cause for acne for instance.

**The Jessner's Peel** is best suited to those with darker skin and remains an excellent alternative to the Beta Hydroxy Acid peel if you are looking for a peel with a higher concentration of salicylic acid. A Jessner’s peel should contain 14% of salicylic acid as well as lactic acid and Resorcinol.

These combined 3 active ingredients offer a much stronger effect on the particular skin problems you are trying to treat. Whilst the salicylic acid is used mainly to remove the top layers of the skin, the lactic acid contained in the Jessner’s peel will assist in the development of new cells by stimulating the formation of collagen.

Resorcinol is added to the formula to help exfoliate the several layers of dead skin. This action will ensure that the new skin is exposed and replaces the old one.

The **Thricloroacetic Acid Peel** is another peel used to smooth over the texture of the skin, remove blemishes and scars but since its active ingredient has a stronger concentration than the other ones, it’s sometimes advised to use sun-block cream for several weeks prior and after the treatment. The Thricloroacetic treatment can be used following an AHA peel to accustom your skin to the higher concentration of acid contained in this particular face peel.

Finally, let’s discuss the last type of chemical face peel that offers the most dramatic and long-lasting results. The **Phenol Acid Peel,** also known as deep facial chemical peels, are the strongest type of face peels available to treat deep skin issues. This is how it works. The chemical solution penetrates the inner layers of the skin to smooth out deep
wrinkles, as well as treat botches and pigmentation issue caused by sun damage.

Phenol face peels can also be treated therapeutically to remove pre-cancerous growths. However, such deep peels should be considered carefully if you feel that your facial skin may be in need of a really deep make-over as side effects and possible complications can arise.

R- Restoring, Eliminating and Rejuvenating Your Skin

Chemical face peels are all about restoring the state of your skin by removing imperfections and giving it its natural glow and beauty back. To restore and rejuvenate your skin, the outer and sometimes the deeper inner layers of the skin must be peeled off for new skin to re-surface.

The chemical face peel you choose should always be based upon what your needs really are, and more particularly the kind of skin problems you want to treat. Some people choose them randomly but end up disappointed. This is exactly what you want to avoid since there could be complications and consequences. If you have minor skin issues such as small acne scars or fine lines, there is no need to go for a deep peel. A light chemical one will be more than enough and can be repeated several times a year for optimum results. As a matter of fact, light peels are usually compared to a deep exfoliation, and the recovery time is short whilst the results remain very impressive.

While it’s true that most of the chemical facial peels on the market offer the promise to restore and rejuvenate your skin, some (and more particularly the Phenol acid ones) are often used to remove deep skin issues that cannot be treated with the milder formulas. If you are one of those people looking to get rid of stubborn unsightly skin imperfections, a chemical face peel remains the easiest and safest choice right now.

Results and improvement of the skin are usually noticeable a few days after the procedure has taken place, especially if you’ve had a light or medium face peel. Some experience a real difference only a few hours after the procedure but it’s best to wait for a few days when new cells
have grown and the new layer of skin has surfaced. With regards to the
deeper version of the chemical face peels, it may take weeks before the
results become apparent.

This is mainly due to the fact that the chemical solution penetrates
deep inside several layers of the skin. The recovery time is therefore
longer and the facial skin will start peeling off for a few days or possibly
weeks sometimes before any improvement can be noticed.

This is perfectly normal and should be expected by someone using a
phenol-based face peel. However, once the old skin has been replaced,
you can expect dramatic results and a true restoration of your facial skin.

F- Finding the Right Chemical Face Peel for You

So far, we’ve gone through all the main characteristics and details of
the different chemical face peels on the market today, but maybe you still
feel confused about which one you should be using. That’s fine. This
section’s all about finding whether you are the right candidate for a
chemical face peel.

First of all, those of you considering a chemical face peel should bear
in mind that they generally work better on people with fair and light hair.
Now, this certainly doesn’t mean that darker-skinned people are excluded
from using these treatments.

Not at all. The process and the application time may take slightly
longer but the results are the same. So, unless you suffer from a skin
condition that isn’t compatible with the use of chemical solutions used in
the chemical face peels, you can safely try and see for yourself the
dramatic effects they’ll have on you.

Your choice of the right peel will ultimately depend on what skin
issue you want treated or removed. Are you looking for a light exfoliation
or a much deeper peel to remove deep wrinkles, blemishes and acne
scars? Some want a combination of both and that’s possible if you use a
light and medium chemical face peel.
As explained above, the light and medium peels contain a mild acid-based solution that will cleanse and gently remove superficial skin imperfections. These particular peelings—AHA, Beta Hydroxy and to some extent the Jessner’s chemical peels—offer excellent results for minor skin issues and can be repeated several times a year.

The right candidate for a medium chemical peel such as the Jessner’s acid peel is someone who’s looking for deeper effects and the possibility of combining it with an AHA or Beta Hydroxy peel for instance. The chemical concentration will give much deeper results for anyone with slightly more visible skin issues and imperfections.

Finally, those choosing amongst the deeper chemical face peel range to remove deep scars, botches caused by sun damage and deep wrinkles must consider using a phenol acid peel. It’s a peel that offers the most dramatic effects by far. However, please be aware that the chemical solution reaches into several layers of the skin and may cause second degree burn. So, anyone considering using this particular chemical face peel should bear this in mind.

The application time is also usually quite long (up to two hours) and the recovery time may also take a few weeks since the outer layers of the skin will start peeling off a few days afterwards. A test spot on an isolated area of the face can be done to ensure that a phenol chemical face peel is right for you.

**E- Effectiveness**

Let’s now assess the general effectiveness of the chemical face peels we’ve discussed and whether they can offer a better solution to your skin problems than non-chemical treatments. This topic is often discussed and for some, it’s still unclear whether acid-based peels can offer a long-term solution.

Chemical face peels are effective when you chose the correct chemical formula adapted to the skin condition you have. Depending on what your needs are—whether it is small acne scars, fine lines, superficial wrinkles—you’ll be able to choose the adequate treatment, which are
divided into three main categories as we’ve already discussed below; *light, medium or deep peels*.

Acid-based peels work better because the active molecules are a lot more potent than those present in natural treatments, hence the effectiveness and the results you’ll obtain if you decide to choose this option.

The effectiveness of most chemical face peels (especially the light and medium ones) is noticeable almost straight away. After the redness you may experience for a couple of days is gone, the outer layer of the skin (epidermis) resurfaces, giving the face and neck a new glowing and healthy look.

Phenol-based chemical peels usually produce much more dramatic and long-lasting effects since the acid penetrates deeply into the inner layers of the skin to remove the more profound skin issues.

However, the results and effectiveness of these deeper chemical face peels only appear once the peeling of the treated skin has stopped (this can take a few weeks and bandages are sometimes needed for a few days). Phenol-based face peels don’t have to be renewed as often as the other kinds. The effects and improvements can last as long as 10 years.

### C- Complications and Risks

Whilst most procedures can carry some risks and complications, chemical face peels—*when done correctly on the right skin type*—aren’t likely to produce serious side effects. However, you must ensure that the chemical peel you choose is adapted to you and your skin problems in order to prevent possible irreversible damages and serious complications.

However, the overall risks are very low when the procedure is done correctly but a few uncomfortable side effects can still arise shortly after the peeling. Some burning or mild irritation can be felt during the application process and may last for a few days. Some redness can also appear but should normally go away within a few hours.
These are minor side effects that most people can experience during a chemical face peel and there’s nothing to worry about. Let’s not forget that the main active component of a chemical peel is acid. The light burning or stinging can appear once the acid penetrates the skin tissue but should stop once the chemical solution has been neutralized by water or any other PH neutral liquid.

More serious complications are very rare but can include oedema or ocular problems but once again, the risk factor is low and provided you have selected the right chemical agent for your skin and checked out the expiry date on the label, complications should not be a concern when using a chemical face peel.

**T- Treatment Results**

As a conclusion, it’s fair to say that most skin problems can be treated without having to resort to conventional surgery. Chemical face peels have proven very successful and their formulas are being continuously improved to address all sorts of skin imperfections that aren’t treatable with simple creams or moisturisers. So, it’s true to say that chemical face peels are taking over the cosmetic industry because they produce excellent results, are cost-effective and are safe to use.

Also, one of the greatest advantages of using chemical face peels these days is that most of them can be done at home. They come in different formulas and application procedures and are safe to use provided you follow the guidelines and know which treatment is best suited to your particular needs.

Home chemical face peels can be used by both men and women and whilst the results used to be quite disappointing on darker-skinned people, the chemical solutions and formulas have now been greatly improved and adapted to all skin colours and textures.

Chemical face peels can remove all sorts of unsightly lines and wrinkles as well as lighten up the skin and reduce the size of large pores. They can remove light and deep acne scars. Blemishes can also be successfully removed to give your skin a clear and glowing complexion.
What to do Next

If you’re looking for the convenience of an at-home acid peel treatment that delivers professional results, then I highly recommend the peels from the Natural Skin Shop. They carry very effective and superior professional-grade natural skin care products at affordable prices. Their medical grade products are Paraben-free, cruelty free and are also free of any cheap fillers and additives. Go here to check out their Celebrity Peel.

Get red carpet ready skin with the Celebrity Chemical Peel! Follow this link: Celebrity Peel