

Cosmetic Peels

Cosmetic chemical peels are exfoliating treatments which create beneficial changes in the tone and texture of your skin. They are ideal for maintaining an even and radiant complexion and improvement in skin health.

Exfoliating the skin with chemical solutions is nothing new. More than 5,000 years ago Egyptian royalty bathed in lactic acid from sour milk to soften and improve their complexion. In other parts of the world, tartaric acid from wine and alpha-hydroxy-acid from sugar cane was used.

Today, scientists have identified an effective variety of different peel types such as Salicylic, Glycolic, Jessners and Azalaic. These are carefully designed and selected to improve specific skin concerns such as:

- » Fine lines and wrinkles
- » Loss of elasticity
- » Lack of radiance
- » Hyper pigmentation
- » Acne, spots and pimples
- » Textured skin
- » Open or enlarged pores

What is a cosmetic/chemical peel?

A peel is a chemical solution that breaks down the outer surface of your skin and targets irregularities. Over the following few days the treated skin naturally comes away, just like it normally would, but a little quicker. This rejuvenates and improves skin condition to give your brighter, more radiant skin.

Am I suitable for a peel?

If you are interested in improving some mild to moderate skin conditions peels are highly recommended. Low level chemical peels are gentle, so if you can tolerate some dryness or a small amount of flaking or residual peeling, a peel will be a good option for you.

How will I benefit from a peel?

- » Increased skin glow and radiance
- » Improved clarity, colour and skin texture
- » Smoothed fine lines and wrinkles
- » Reduced pigment irregularities and the effects of sun damage
- » Tightened skin and pores to restore a more youthful appearance
- » Removal of old skin cells and uneven texture
- » Reduced inflammation and breakouts caused by acne
- » Stimulated collagen production for plumped, youthful looking skin



What can I expect during the treatment?

After cleansing and preparing your skin, the peel solution is applied to the treatment area. You may experience a warm tingle or a prickle sensation; however, there is usually very little discomfort. After a few minutes the peel solution is neutralised, hydrating cream and then high factor sunscreen are applied.

How much downtime should I expect?

There is no downtime from a gentle cosmetic chemical peel. You can carry on with your day, however, it is advisable to leave your skin without make up for 12 – 24 hours.

What should I do after a chemical peel?

You will receive post care instructions after the treatment. It is crucial to the success of the chemical peel that those guidelines are followed.

Are there any contraindications for a cosmetic chemical peels?

- >> Open sores
- >> Uncontrollable diabetes
- >> Skin cancer
- >> Viral lesions, active herpes simplex
- >> Blood or skin thinning medication

How often and how many peels are needed?

The type of peel used and the recommended number of sessions will vary depending on your skin condition and concerns. For optimal results, a course of treatments over 4 – 8 sessions, spaced 7 – 14 days apart is recommended. Maintain results according to your skin type monthly or bimonthly.

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