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SKINTHOUGHTS

NEWSLETTER
"THOUGHTS FOR YOUR SKIN"

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Its all about exfoliation!

So many products, so little time. However, exfoliation is something that we must perform in order to maintain a healthier more beautiful skin. Weekly at home products in addition to in-office professional treatments are all available for the individual to achieve that glow which everyone desires.

Scrubs & Polishes

With much popularity, scrubs and polishes have been safely used as a means of topical exfoliation. These formulas may include plastic beads, pumice or even granulated fruit pit particles. They all get the job done, some more abrasive than the next.

Alpha Hydroxy Acids

Since the early days of Cleopatra, alpha hydroxys have been used to create a softer silkier skin. AHA's are meant to encourage cell turnover which will lead to overall healthier skin. Glycolic, Lactic and Citric acid are among the most commonly used acids. These acids are naturally sourced from sugars, milk and fruit.

Professional Abrasion Treatments

microdermabrasion- a skin polishing which removes superficial skin layers with tiny crystals.

metal tip devices do the same but without crystals.

brush devices perform the same way but with a small nylon tip brush.

Chemical Peels

Although the phrase chemical peel might make one a bit apprehensive, they are a very safe effective way to exfoliate the skin. These peels are in-office procedures that are always done by a licensed professional. The results will vary depending of the formula that is chosen.