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SKINTHOUGHTS

NEWSLETTER

"THOUGHTS FOR YOUR SKIN"

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...to peel, or not to peel...

With summer months upon us, heat & UV exposure become a concern. In our last issue, sun protection was discussed in great detail. So how do we continue to keep the skin glowing and free of cellular build up? Exfoliation is the key! The question becomes what the safest way in achieving this is. Lets take a close look at the option of peels, where they come from, what they do, and the overall risks and benefits especially in the summer months.

Choosing a skin peel is going to have to be a combined decision between the consumer and the skin professional. With the many ingredients that are used today, some formulas are better suited for individuals over others. In the list to the right of this column, you will see some very familiar peeling agents. Most skin types are tolerant of all , however deciding what changes need to be met, and full skin analysis will allow one to be ideally chosen.

A professional needs to be educated in all aspects of peeling, superficial or aggressive prior to utilizing any solutions. Each ingredient has a "different job to do", based on their properties. For example, while lactic acid is known to be hydrating; gylcolic, on the other hand is known to be a strong degreasing agent. Although they are both naturally sourced & encourage cell turnover, they act differently in many aspects. Beta Hydroxy Acids are also used alot in the industry but typically for more oily, acneic skin types as they tend to act like a 'dissolving" agent in the skin. A more chemical option to peeling utilizes TCA as the component to create new skin. TCA could potentially result in a little more downtime, depending on the strength used. This might include a slight bronzing to the skin, flaking and/or peeling. So , depending on the goal of the patient, different solutions are used for different individuals.

commonly used peels

AHA's
(alpha-hydroxy acids)
Lactic Acid
Citric Acid
Malic Acid
Glycolic Acid

BHA's
(beta-hydroxy acids)
Salicylic Acid

TCA
(trichloracetic acid)

Peels or Microdermabrasion??

One of the most common questions that typically is asked of the skin professional is "Which is better- a peel, or a microdermabrasion?" The answer to that is going to vary from patient to patient , whereas a few different factors are involved. Skin sensitivities are evaluated as well as the goal of the patient. Microdermabrasion is a mechanical modality to remove the upper most layers of skin. Chemical peels involve a liquid being applied to the skin to encourage the top layers to slough off quicker than not. Although they both end up with similar results, they get the job done quite differently Some professionals like peels over microdermabrasion?" since peels can address hyperpigmentation far better than the latter. However the two combined can create optimum results. The microdermabrasion is performed first, with the peel being applied directly thereafter. The benefit to combining the two treatments allow them to enhance each one individually. It is the choice of the professional, once a patient is evaluated to choose the appropriate treatment plan. Remember: More is Not Better!!