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## CHEMICAL PEELS

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Chemical peels can improve the skin's appearance. In this treatment, a chemical solution is applied to the skin, which makes it "blister" and eventually peel off. The new skin is usually smoother and less wrinkled than the old skin. Chemical peels can be done on the face, neck, or hands. They can be used to:

- Reduce fine lines under the eyes and around the mouth
- Treat wrinkles caused by sun damage and aging
- Improve the appearance of mild scars
- Treat certain types of acne
- Reduce age spots, freckles, and dark patches (melasma) due to pregnancy or taking birth control pills
- Improve the look and feel of skin
- Areas of sun damage may improve after chemical peeling.

## **Benefits of Chemical Peels**

The variety of chemical peels we have to offer have many benefits which includes Improving the skin's color, clarity, tone and texture. Our professional grade chemical peels stimulates new collagen and promotes healthy skin cell growth, resulting in a radiant complexion all while reducing discoloration caused by sun damage. A series of chemical peels helps to clear up breakouts and smooths away the look of fine lines and wrinkles.

## **Do's and Don'ts**

Many men and women fail to understand that how you care for your skin after a peel can have a major effect on your results. We carry a number of chemical peels at Face and Body Revival. While the after care may vary depending on the strength of your peel and other personal circumstances, the basics are the same. Here, we explore the do's and don'ts of taking care of your skin after a chemical peel.

### **Do Not: Pick, Pull, or Scratch**

As your skin begins to peel, it is tempting to pick or pull on any loose or peeling skin. Resist! Touching, picking, or pulling on the peeling skin interrupts your skin's natural healing cycle. What's more, you are likely to interfere with the results, increase your chance of infection, and may even cause permanent hyperpigmentation.

### **Do: Be Gentle**

Remember, your skin will be vulnerable and in a very delicate state after your chemical peel. Treat your skin with care and be careful not to be too harsh on your already fragile skin. Do not exfoliate or use a skin-cleansing device. It is also advised that you avoid certain skincare products that may cause further irritation, such as retinol and alpha hydroxyl acids. Continue to be nice to your skin as it regenerates. Once the peeling has stopped, the newly revealed fresh skin cells are just as delicate and sensitive.

**Do: Hydrate in Moderation**

As the chemicals start to work, it is only natural that your skin may feel tight, dry, and itchy. This makes it tempting to over hydrate. Don't! Remember, the whole point of a chemical peel is to let the dull damaged and dead skin cells flake and peel away. In order to get the full benefits of a chemical peel, you need to let this process happen in its own time. Instead of over-hydrating, continue to moisturize as you normally would.

**Do: Protect Your Skin**

Your skin is much more susceptible to sun damage following a chemical peel. If and when possible, do your best to stay out of the sun entirely—especially for the first one to two weeks following your peel. Make sure to apply sun protection in the form of a broad spectrum sun screen every morning and reapply throughout the day as needed. If your skin is left unprotected, there is a higher chance that it will develop blotchy patches and irregular coloring. We are happy to answer any other questions you may have about recovering and taking care of your skin after your chemical peel.