

Do chemical peels hurt? What does a chemical peel do? We hear questions like these on a daily basis from curious clients. Chemical peels are the professional skin care treatment that is shrouded in the most mystery. There is a lot of incorrect information out there, so read on to separate the myths from the facts.

Myth 1: You have to hide your face after a chemical peel

Fact: There is no need to go into hiding if you get a chemical peel that uses a modern formula. Bioelements [Ultra-Detox Chemical Peels](#) have advanced formulas that not only provide controlled penetration throughout the epidermis, but also detoxify, soothe and hydrate so your skin will not be red or uncomfortable when you leave the spa. In fact, you can immediately go right back to your daily routine.

Myth 2: Chemical peels hurt

Fact: You may experience a little tingling, tightness, or a change in temperature, but [Ultra-Detox Chemical Peels](#) do not hurt. Your esthetician will continuously ask questions to make sure no sensation is too extreme. While you shouldn't feel pain during or after the procedure, you may experience slightly increased sensitivity after. To avoid irritation or discomfort on your newly resurfaced skin, do not exfoliate for 48 hours after your chemical peel. Steer clear of the gym for 24 hours after and drink plenty of water to protect your skin and prolong the amazing results you see post-treatment.

Myth 3: You need to take time off work for a few days after a chemical peel

Fact: With old-school ablative peels, you do need to take time off work – but those traditional formulas are a thing of the past. Bioelements chemical peels coax the skin into shape rather than assault it, with an advance acid-hybrid formula that's better than traditional formulas, which have monster-strength percentages of a single acid. Ultra-Detox Chemical Peels will leave your skin smoother, brighter, firmer and more hydrated with zero downtime. You can return to work immediately after having a Bioelements chemical peel.

Myth 4: Chemical peels only do one thing – peel the skin

Fact: Chemical peels with modern formulas – like the [Ultra-Detox Chemical Peels](#) – include a combination of multiple exfoliating acids (like glycolic, lactic, and fruit acids) that will tighten the skin, unclog pores, improve lines, and leave skin with a velvet-like texture. Plus, the activated coconut charcoal in [Ultra-Detox Chemical Peels](#) draws out impurities and pollution's heavy metals to detoxify the skin.

If you're not convinced chemical peels are for you, see this list of skin concerns that peels address:

- Rough texture
- Blackheads and whiteheads
- Breakouts
- Dull skin
- Premature age signs
- Milia
- Hyperpigmentation
- Dehydration
- Smoker's skin

Myth 5: Your skin will flake and peel off after a chemical peel

Fact: With Bioelements chemical peels, there is zero pain, zero downtime, and *zero flaking!* The sophisticated formulas provide a controlled peel on a microscopic level. The chemical peels remove the damaged skin, but the buffering ingredients, like aloe and willow herb, prevent redness, irritation and flaking. Instead of walking out with flakey skin, you will leave the spa with smooth, happy skin.