

We all need a chemical peel

We will try just about anything to turn back the hands of time on the too many days spent in the sunshine or rid our faces of acne scars. Although the fountain of youth may be fictitious, the chemical peel is the real deal. The words “chemical” and “peel” may sound scary at first, but this treatment literally gives you a fresh face of skin—and it’s been growing in popularity!

The chemical peel is the process of applying a chemical solution to the skin to smooth out its texture. It can be used to treat many skin issues like acne, fine lines, wrinkles and hyperpigmentation. A form of chemical exfoliation, a peel allows your skin to shed off a layer, making room for new, healthier skin. Peels are great for everyone to do. They slough off tired, dull skin cells and stimulate fresh healthy skin, allowing for accelerated cell turnover and the stimulation of collagen-making cells.

How to Prepare for a Chemical Peel

1. Choose the Right Type of Peel for Your Skin

Before making the decision to get a chemical peel, talk to our estheticians we take into consideration your age, the color of your skin and overall skin condition. Don’t be fooled by the one-size-fits-all peel, as the peel’s intention should be very specific to the patient’s needs.

2. Keep Your Skin Hydrated

We stress the importance of keeping your skin hydrated and moisturized before your appointment.

3. Evaluate Your Prescriptions

Also, take into consideration any anti-acne or anti-aging prescriptions you are using, as these might affect the way your skin reacts to a chemical peel. If you need help determining if your products are okay to use prior to your chemical peel, talk to your esthetician who will be able to assist you.

4. Don’t Plan a Peel Close to a Big Event

The last step in preparation is to be sure to plan accordingly! If you are getting a chemical peel before a special event, make sure you’ve budgeted plenty of time for your skin to heal so you look picture perfect on your big day.

What to Expect During Your Appointment

During a chemical peel, the skin will begin its intense peeling process. You will have the option to choose which peel you want, though it’s wise to choose an intensity based on your professional’s opinion. Chemical peels vary from very light to medium depth at Joyful Yoga and Spa (any deeper and you would want a physician). To begin, your skin care professional will ask you to lie face up to establish a smooth surface for application. The entire process usually takes under an hour to complete, and your skin care professional will stay in the room to ensure there are no adverse reactions as it dries.

Once the peel is applied and begins drying, you may feel a tingling sensation. The amount of tingling will vary based on the type of chemical peel you are receiving and will differ case to case (you might be more sensitive than another person getting the same peel). However even those with sensitive skin can find a suitable chemical peel. Contrary to popular opinion peels don’t have to sting or burn or cause a lot of redness and inflammation to work.

What to Expect After a Medium Chemical Peel

You will leave your appointment with the peel on, in 6 hours following your peel you will rinse with cold water. No moisturizer until you begin to peel one the third day following your peel.

Your Skin Will Peel for 5–10 Days

The type and depth of the solution will dictate how long the skin will peel. The traditional medium-depth chemical peels that we do take five to ten days for the skin to peel off before the new pink skin underneath arises. The peeling should start on or around the third day after a peel, not immediately after.

Treat Your Skin With Care

Use a gentle cleanser and a hydrating serum or gel after you have started to peel, to help soothe the skin in the days following a chemical peel, we always recommend our Stone Crop Hydrating mist to spray on skin throughout the day to promote healing and soothing after the peeling has started. You may also want to treat the new skin right away with a combination of LED light therapy and Derasound This addresses the health of the new skin cells at a cellular level and is your opportunity to reset your skin and start fresh. Integrating potent aftercare solutions such as Vitamin C & E Serum, Marine Flower Peptide Serum, and Rosehip Triple C & E Firming Oil will help hydrate, stabilize and protect the new skin. These ingredients will boost the skin's ability to fight free-radical damage at this early stage, which is so important and often overlooked.

Don't Neglect SPF

The chemical peel is used to accelerate the exfoliation of dead skin cells to reveal fresh, new skin. The biggest risk during this process is sun exposure, and we highly recommend using an Eminence sun screen to keep the skin safe during the delicate time following the procedure. The skin is thinner after a peel and very susceptible to UV damage. It is essential to use a physical block like makeup foundation along with your SPF for at least two months after receiving a chemical peel.

Avoid Overheating the Skin

It is important to keep the skin cool. You shouldn't let hot water touch your face as any inflammation can spike post-inflammatory hyperpigmentation (PIH). We urge you not to take hot showers. Also, you can put cold ice on your face for a nice cooling affect.

If you are ready to take the plunge talk to anyone of our highly educated estheticians and go for an in-spa chemical-peel treatment. If you are not ready we recommend you trying an at-home peel kit, to keep your skin fresh. Check out some of our top-rated at home peels, Arctic Berry Peel & Peptide Illuminating System, Radish Seed Refining Peel, also our Yam & Pumpkin Enzyme Peel 5%. We also have many other solutions for exfoliation.

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