
SKINCEUTICALS Q&A

WHAT ARE CHEMICAL PEELS?

Chemical peels work by exfoliating the skin's surface to reduce the appearance of blemishes, smooth skin texture, improve radiance, and restore skin health.

Chemical peels come in many different strengths, ranging from superficial to higher penetrating peels. Some common acids in chemical peels are alpha hydroxy acids (AHAs) and beta-hydroxy acids (BHAs).

AHAs are often used to treat signs of ageing such as fine lines, wrinkles, dullness, and uneven texture. BHAs are often used to treat problematic skin concerns such as blemishes, large pores and uneven texture.

IS MY SKIN SUITABLE FOR SKIN PEEL?

The depth and type of chemical peel used depends on the condition of your skin, your skin's Fitzpatrick type (skin colour and likelihood to burn), and your skincare habits.

For extremely sensitive skin and skin experiencing barrier dysfunction (eczema, psoriasis, etc), chemical peels are generally not recommended.

We offer a free consultation to discuss your skin, concerns and current routine with a specialised therapist, to determine the right treatment for you.

WHAT ARE THE MAIN BENEFITS?

Chemical peels improve the texture and appearance of the skin by sloughing off the outer layers of the skin. They are effective facial treatments for improving blemishes, fine lines, wrinkles, and skin tone.

During the treatment, a pre-determined quantity of the peel solution is applied to the skin for a specified amount of time. This is dependent on the type of chemical peel used, the concentration of the solution, skin type, and skin's reactivity to the treatment.

This solution works by reacting with the upper layer of the skin to efficiently dissolve the bonds that bind surface cells to the skin, ultimately revealing smoother, healthier skin underneath.

The goal is to create a controlled, safe injury to the skin, thereby prompting skin to naturally repair itself and reveal newer, brighter skin.

DOES IT HURT?

Even a superficial chemical peel may produce a tingling sensation on the skin.

However, this mild discomfort will typically subside once the peel solution has been neutralised.

A superficial peel can produce some redness, similar to a mild sunburn, which may last 3 to 5 days. In general, skin accustomed to the use of acids will tolerate stronger formulations.



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DO I PROGRESS INTO EACH PEEL?

Chemical peels are categorised by how deeply they penetrate the skin: superficial, medium, or deep. Superficial peels penetrate only the uppermost layer of the epidermis. SkinCeuticals chemical peels cover a wide array of skin types and concerns and mostly fall into the superficial chemical peels category.

We would recommend starting with one of the following:

- Gel Peel GL - A great introduction to chemical peels. It is formulated to gently exfoliate skin, making it ideal for all skin types, especially those with sensitive skin, and has little-to-no downtime post-procedure.
- Signature Facial - This treatment focuses on skin health, hydration & radiance. Using the Gel Peel plus a custom selected SkinCeuticals mask to combat your concerns.
- Advanced Signature Facial - For those looking to diminish fine lines and wrinkles and improve skin tone and radiance, the advanced treatment will add the Gel Peel plus a Vitamin C Firming Mask for the ultimate skin glow.

From here, following recommendation from your therapist, the next progression is onto the Medi peel, using 20% or 30% Glycolic acid.

The peel has a pH of 14 and works on concerns such as enlarged pores, dry/dull skin and superficial pigmentation.

This treatment offers instant visible results and improvement of skin texture.

The most advanced SkinCeuticals treatment is the Pigment Balancing Peel, which uses 40% glycolic acid, 10% citric acid, 27% vitamin C and 4% Emblica. With a pH of 16, this peel will penetrate the skin more deeply for optimum results on advanced skin concerns such as deep lines & wrinkles, deeper pigmentation or discolouration, acne scarring & uneven skin texture.

We offer a Progression Course to take your skin through the stages of professional peels. Please enquire for more information.

DO I HAVE ANY DOWNTIME?

There is little to no downtime from a SkinCeuticals facial. You may encounter slight redness, but mainly bright and radiant skin.

WHAT IS THE BEST WAY TO MAINTAIN RESULTS?

A monthly appointment is ideal to maintain the best results, along with home use products for maintenance. This will be discussed in treatment with your skincare therapist for optimum results.



SKINCEUTICALS PRE & POST CARE

Pre-care

Skinceuticals Signature Facial & Advanced Signature Facial are suitable for all skin types & concerns.

Skinceuticals Medi Peel 20/30% or Pigment Balancing Peel, will need to be on a progression treatment. Starting with Gel Peel Facial/Signature Facial or Advanced Signature, followed by Medi Peel 20/30%, the next progression is to Pigment Balancing Peel.

In order to progress to the above facials, good skin routine will need to be followed using skinceuticals antioxidants, serums & hydrators for optimum skin health for a minimum of 2wks.

Not suitable during pregnancy or breastfeeding. Not suitable for anyone already on a peel programme, having alternative treatment or using medically graded antibiotics.

- Avoid extensive sun exposure or sun beds, especially in the 10 days prior to your scheduled chemical peel.
- No facial waxing for 7 days prior to treatment.
- Stop the use of retinol products 7-10 days prior to a chemical peel.
- High percentage alpha hydroxy (AHA) and beta hydroxy (BHA) products should be stopped 5 days before treatment.
- Do not use aspirin or non-steroidal anti-inflammatory for at least 5-7 days prior to a chemical peel.

Post-care

- Allow the skin to calm & absorb professional products for 8/12 hours post treatment.
- Do not touch, pick or scratch your skin.
- Moisturise and hydrate. Since peels can temporarily compromise your skin's protective barrier, it's important to reinforce that barrier with a medium-to-thick moisturiser daily.
- Also, drink more water to help avoid dehydration, which could make your skin feel tight.
- Apply sunscreen with SPF30/ SPF50. Your skin is more delicate after a peel, so avoid direct sun exposure, which can lead to even more visible signs of skin ageing. If you must be exposed, use constant SPF, sunhat/cover to protect your skin.
- Avoid strenuous workouts, dry saunas and steam rooms. Increased blood circulation to the face can intensify warming, tingling, itching, redness or other uncomfortable side effects on freshly peeled skin. Skip such activities on the day you use a peel.
- Don't over-exfoliate. Peels are maximum-strength exfoliants, so you don't need to use a separate exfoliant (like a scrub, brush or exfoliating cleanser) within 3-4 days of your peel. Over-exfoliating can lead to more redness or sensitivity, so wait until your skin feels up to it.
- Once your skin feels "back to normal" after a peel, it's generally considered OK to resume your normal skincare routine. Your therapist will advise the best aftercare for your personal lifestyle.

Scuba