

# CHEMICAL PEEL

Each chemical peel we offer is tailored to your specific skincare needs. A chemical peel is a solution that is applied to the skin, usually being the face, neck and hands, to help improve the skin concern you are dealing with. The chemical peel you opt for will target dead skin cells and damaged skin from the top layer and promote healthy new cell growth. Whether you want to improve the look of pigmentation, wrinkles, or acne scar

## WHAT IS A CHEMICAL PEEL?

Chemical skin peels are a solution applied to the face or body with active ingredients designed to exfoliate, stimulate collagen and elastin production to encourage cell turnover, leaving skin softer, clearer, with a more even skin tone.

Their patented carrier-solution delivers greater absorption of the active ingredients into the skin, and this deep-acting technology reduces trauma to the surface of the skin and increases the rate of exfoliation for better results. Chemical peels contain different types of acid, including AHAs (glycolic, lactic and citric acids) and BHAs (salicylic acid), and produce varying levels of chemical exfoliation to treat different conditions, and can be superficial, medium or deep-acting.

At The Massage Hut & Spa we have a wide variety of skin peels, those surface layers of dead skin cells are whisked away by the solution so that the skin below is freed up to produce new, fresh skin cells result? Skin that appears brighter, with less lines, better texture, skin marks and scars that are not so noticeable, and overall, generally more youthful and improved.

A skin peel is considered to be one of the least invasive ways to improve the appearance of skin. Typically applied to the face, a chemical peel enhances and smoothes the texture of the skin to remove the damaged outer layers. It is an effective treatment for wrinkles, facial blemishes, and uneven skin pigmentation.

Today, chemical facial peels have grown in popularity because they offer near immediate results. How much skin they remove and how deep they penetrate will depend on the type of peel used, its strength and how long it is left on the skin. There are three types of peel: superficial, medium and deep.

## HOW DOES IT WORK

We use a variety of chemical peels at our treatment centre because everyone is different. Common skin complaints can be tackled instantly with our chemical peels, but it depends on your particular issue as to which chemical peel is right for you. With that in mind, we take time to understand exactly what issues you would like to address so that we can deliver a treatment that you will be genuinely happy with.

A chemical peel treatment is a relatively quick procedure.

It starts with one of our skincare experts cleansing and prepping your skin. After this, the chemical peel solution is gently applied to your skin and left for just a couple of minutes. Once the solution has been left on long enough, it will be neutralised and removed.

During this time, the chemical peel solution will have sucked up' all of your skin's dead and damaged cells that the skin below can work to produce fresh, new skin cells which will give you the healthy skin you are looking for.

Your skincare specialist will talk you through the relevant aftercare so that you can get the most out of the treatment and enjoy the results for long as possible

## DO SKIN PEELS HURT?

Due to the active ingredients working on your skin, you may experience a slight tingling sensation as the chemical peel works during your treatment, but this is completely normal. We never leave skin peels on the skin for longer than indicated, and we will neutralise the skin after the peel is removed to ensure any tingling sensations are minimised.

Following treatment, we will always recommend the right at-home skincare to not only care for your skin following treatment, but to make sure you get the best results.

## WHAT CAN CHEMICAL PEEL TREAT

Chemical Peels have a wide variety of applications, improving the complexion of your skin on various areas of the body including, but not limited to:

- Wrinkles
- Fine Lines
- Acne Scarring
- Sun Damage
- Pigmentation
- Texture
- Facial Folds

## **WHAT ARE THE TYPES OF CHEMICAL PEEL?**

### **SUPERFICIAL PEELS**

Superficial skin peels act on the epidermis, which is the top layer of the skin.

Typically, these peels will be left on your skin for just a few minutes and will exfoliate the upper layer of the skin for a gentler treatment to leave your skin smoother and glowy. There is less downtime with these types of skin peels, and as the results are less dramatic after one peel, we recommend an on-going treatment plan to maintain results.

### **MEDIUM PEELS**

Medium peels deeply exfoliate the skin, encouraging new cell growth, and increase collagen production for renewed, younger looking, smoother skin. A solution is applied that works on the the top and slightly deeper layers of the skin. You may experience tingling and some redness for a few days after treatment. Examples of medium peels at skin include Jester, pyretic and salicylic acids.

### **DEEP PEELS**

Deep peels are recommended for more severe skin concerns such as deep facial wrinkles, heavy sun damage or acne scars, and

give more dramatic longer-lasting results but often take longer for the skin to recover. Side effects include tingling, peeling, redness and swelling, which are normal.

## **WHAT ARE THE BENEFITS?**

Skin peels can improve several concerns including acne, acne scarring, sun damage, age spots, hyperpigmentation, the signs of aging or uneven skin tone and texture. Depending on the skin peel, the recovery time can be minimal or take a little longer; having a deeper peel may mean that the skin takes a little longer to heal as typically there is more "peeling", but the results are more pronounced.

## **WHERE ON MY BODY CAN I HAVE A SKIN PEEL?**

Depending on your concern and the type of peel, chemical skin peels can be used on the face and body, including the delicate area around the eyes, face hands, neck and décolletage.

## **ARE SKIN PEELS SAFE?**

Yes, of course. Skin peels at The Massage Hut & Spa are completely safe. All of our treatments are tested on all skin types and skin concerns: first by the manufacturers and suppliers, then by our Therapists Team. Everyone at The Massage Hut & Spa who delivers a skin peel will also have thorough medical training, so you can be sure you are in the best and safest hands. During treatment, your eyes and hair will be protected, and depending on the peel or your skin type, we always recommend preparing your skin with applicable skincare in advance too.

## **DO I NEED TO PREPARE FOR A SKIN PEEL?**

### **GENERAL PRE-TREATMENT SKINCARE RECOMMENDATIONS**

Your skin will heal best from a chemical peel if your at-home regimen supports a healthy skin barrier.

- Incorporate a retinoid into your home care regimen.
- Use SPF +30 everyday.

### **PRE- TREATMENT INSTRUCTIONS**

To make the most out of your upcoming chemical peel, please follow our pre-treatment instructions.

#### **3 weeks before your treatment:**

- Avoid extensive sun exposure / no tanning.

#### **2 weeks before your appointment, please avoid the following treatments:**

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal

#### **1 week before your appointment, please discontinue the use of the following products:**

- Azaleic Acid
- Salicylic Acid
- Lactic Acid
- Tartaric Acid
- Citric Acid
- Glycolic Acid
- Any product labelled AHA/BHA
- Any product that uses the words SCRUB Malic Acid in its description
- Benzoyl Peroxide
- Vitamin C
- No filler or Botox injections
- Retinoid/Tretinoin/Retin-A/Vitamin A

#### **2-3 days prior to treatment**

- Avoid shaving the treatment area for 2-3 days prior to treatment.
- Stay hydrated - stop using any products that could be drying out your skin at least a few days before your appointment. And keep drinking water!

### **HOW WILL I FEEL DURING SKIN PEEL TREATMENT?**

A non-toxic chemical solution is applied to the skin surface, which is then absorbed, releasing the active acids to treat the relevant skin concern. You may feel a slight tingling sensation while the natural ingredients get to work, and some peels can lead to light swelling of the affected area or peeling of the skin for a few days after the procedure. Choosing a well-trained expert means you will get the right advice on the right type of peel for you, and we will tailor your treatment plan for your skin concerns and goals.

#### **WHAT HAPPENS AFTER A SKIN PEEL?**

After starting your skin peel programme, your skin will feel softer, with improved texture and tone and look subtly younger. Depending on the chemical peel and your skin concern, you may experience redness or peeling, and your skin will improve as it heals. At skin we pride ourselves in delivering the best care, so afterwards, we will recommend that you take home the right skincare to care for your skin, with on-going regular treatments for the best results

#### **IS MY SKIN TYPE SUITABLE FOR A SKIN PEEL?**

Chemical peels are suitable for all skin types, but this depends on the type of skin peel you are looking for. Medium and deep chemical peels are often not suitable for clients with Fitzpatrick type VI skin, because deeper chemical peels come with an increased risk of hyperpigmentation in skin types IV, V and VI. That said, there are superficial and some medium-depth peels that are suitable for darker skin. Your skin specialist will discuss which skin peels are suitable for you during your consultation.