

## Be Your Most Apeelin' Self



Peels.....You see them advertised everywhere! Many of us in Florida have experienced getting too much sun and felt the discomfort and itch of shedding skin. While too much sun can produce peeling skin, it is most assuredly NOT a peel. Peels are actually good for the skin and are as unique and varied as the

individuals who desire them. Results of peels can be subtle to dramatic and address a variety of concerns, so this month we're talking about the magic of peels.

Humans have practiced peels in some form throughout history. Ancient Egyptians, over 5,000 years ago, used peels concocted from milk and fruit and they were absolutely on the right path! Today we have types of peels made from lactic acid, enzymes, and Vitamin C derivatives, which in their original form are – you guessed it - milk and fruit.

So, what exactly is a peel? Why is beneficial? How do you decide if this is something to pursue and if it is right for you? If it is right, what kind would work best for you? Let's start with the different types.

If you've ever been to a wing restaurant, you know the menu ranks intensity of the wings from mild to scorching. Peels are not dissimilar! Let's start with the "hottest" on the list, the deep chemical peel.

The deep chemical peel uses phenol and is administered by a doctor. It works on deep facial wrinkles, scars, and possible pre-cancerous growths. Obviously, this peel has a dramatic effect and people are delighted with the end result, but these peels involve the use of painkillers and require a down time of at least two weeks. Swelling subsides usually in those first two weeks, but skin redness may last up to three months. Benefits of the deep chemical peel last up to ten years; however, it may negate the skin's ability to produce proper pigment. Sunscreen is vital.

Going down in intensity is the medium to light peel. Make no mistake here, even though classified as light, the effects can be dramatic as well. They are technically classified as "light" because they do not get down to the dermal level of skin. These peels can improve wrinkles, scarring, and areas of hyperpigmentation. The good news about aesthetician-administered peels are these: little or no downtime, no need for painkillers, no destruction of

melanocytes (pigment producers), lower cost, and more personalized attention from treatment giver.

One step down from that would be the "flash peel". Basically this is an intense facial incorporating the use of lactic or glycolic acid. This is an excellent choice for the person who may be a little intimidated about the peel process or would like to see if it is a thing that they may pursue.

Peels are great, whether administered by a physician or aesthetician! This procedure has enhanced lives and boosted the confidence of people who have felt insecure about their appearance.

At MTC we offer a variety of peels and can customize them for a specific result. The client will experience anything from microscopic shedding to visible flaking. For maximum results, we recommend a series of four to eight visits. Most people will begin to see visible results after four weeks. In the deeper peel, one experiences one application of a strong acid with a recovery time of about six weeks, seeing improvement in the fourth week. The milder peel uses gentler application over a longer period of time, seeing improvement in four weeks.



Believe it or not, even a facial can have a mild peeling effect. Remember, we use fruit enzymes! This is why you leave our office with fresh, dewy skin. The dull, dry outer layer of dead cells are removed, leaving a glimpse of the fresh skin beneath.

This facial can be enhanced with glycolic or lactic acid or used as a spot treatment for stubborn areas. This treatment may cause mild stinging when applied and mild flaking a few days after the facial. Although not technically considered a peel, it may have some of the same effects, especially for those with ultra-sensitive skin.

The next step up from spot treatments is the Lactic Acid Peel. This is a gentle peel and works well for someone who is testing the water regarding this procedure. Our Lactic Acid Peel also contains alpha-arbutin and Kojic acid, natural skin lighteners. This is a great product for those who have dry, dehydrated, sun damaged skin, i.e. virtually every Floridian!

Slightly more intense is the 30% Glycolic Peel. This is a great peel for most skin types, particularly normal to oily skin. Glycolic Acid dissolves the skin's

cellular glue (desmosomes), while enhancing a deep exfoliation. The result? Softer, clearer, skin.

We also have two specialty peels you should be aware of.

**The Cranberry Turnover Peel** - The peel developed for acneic, even pustular acneic skin. Salicylic Acid not only exfoliates, but opens pores. It also contains antibiotic, antioxidant properties which help heal pustular skin. The result is less oily skin with more refined pores.

**The TCA Depigmentation Peel** - Aging and hormonal changes are addressed here. TCA (Trichloroacetic Acid), Azelaic Acid, Alpha-Arbutin, and Kojic Acid work on skin tone evenness and texture, causing noticeable improvement in both. People with melasma or age spots can benefit from this peel.

### **Precautions**

If you decide to get a peel, be prepared and understand the precautions. Do not plan social activities a few days after peel application as you may experience flaking and a slightly red appearance. Because of this, we usually recommend having peels done this time of year, post-holiday season and when we spend more time indoors.

Peels are not for those who are pregnant, nursing, or also not good for those with highly reactive skin. If you decide to do a peel, at home participation is crucial. You have to commit to starting a regimen of pre-peel preparation and post-peel home care. You will also be expected to use specific at-home care during the time between sessions. The end result of the peel will be disappointing without your effort and home care. Finally, sun exposure during this time is an absolute NO.



Now, after reviewing the facts, you decide that a peel is part of your future, get in touch with your physician or one of the two skin care specialists at MTC – Bethany or Mary Ann. With time and proper care, you may be treated to the best skin of your life! Or as the title stated, Your Most Apeelin' Self!