



The Appeal of a Peel

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Radiant, touchable, appealing skin is just a peel away. Micro peels, diamond peels, glycolic peels, lactic peels, salicylic peels, enzyme peels...which one is right for you? The experienced staff at **Full Circle Wellness Center** is here to give you the rundown.

Your skin is covered with a layer of dead skin cells, called the stratum corneum, that acts as a barrier between the outside world and the maturing skin cells below. The stratum corneum is constantly in the process of shedding or exfoliating, a process referred to as the cell turnover rate. This keeps your cells from building up on the surface of your skin. Unfortunately, this process dramatically slows down with age. The cell turnover rate for babies is every 14 days; teenagers 21-28 days; middle-aged 28-42 days, 50 and older, every 42-84 days. When the cell turnover rate slows down, the skin can have a dull appearance, rough texture, more prominent wrinkles, and be susceptible to breakouts. As you age, it becomes more and more important to have professional exfoliating treatments to assist in speeding up the cell turnover rate.

Peels are exfoliating treatments and can be mechanical, chemical, or enzymatical in nature. During any peel, the skin senses exfoliation as a mild trauma and responds by stimulating its cell turnover rate, resulting in a more youthful appearance.

MECHANICAL EXFOLIATION

Microdermabrasion is a procedure in which the stratum corneum is partially or completely removed by light abrasion with a microdermabrasion machine, or manually with a diamond-coated tip. Traditional crystal microdermabrasion involves the use of a vacuum powered machine that pulls and raises a small section of the skin into a hand-held wand, and shoots a stream of aluminum oxide crystals across the targeted skin patch. The crystals and exfoliated skin are then suctioned up through the wand. Diamond microdermabrasion systems operate without the need for crystals. The exfoliation process occurs when a diamond-tipped head makes contact with the skin and manually abrades against it.

Microdermabrasion can temporarily cause mild swelling and redness. Depending on the individual, these side effects can last anywhere from an hour to two days. Visible improvements, though, are clear: some of the skin's visible imperfections such as hyper-pigmentation, blemishes, or fine lines, are improved, and without the stratum corneum acting as a barrier, medicinal creams and lotions are more effective. More of their active ingredients and moisture can find their way down to the lower layers of skin.

CHEMICAL EXFOLIATION

Alphahydroxy acids (AHA's) include glycolic acid (derived

from sugar cane), lactic acid (derived from milk and tomatoes), and fruit acids. AHA (and BHA—see below) peels chemically break down the protein bonds between the dead cells on the surface, allowing them to be sloughed off. They are relatively mild superficial peels, and produce light flaking or peeling of the epidermis.

Beta-hydroxy acid (BHA) is a salicylic acid. BHA's have a smaller molecular structure than AHA's and have the ability to penetrate deeper into the pore. BHA peels specifically help to exfoliate dead skin cells, dissolve blockages in the skin, control oil, and reduce acne.

Jessner Peels. Jessner peels are a combination of salicylic acid, lactic acid, and resorcinol. This is a more aggressive peel and requires some downtime because the peeling can be significant.

During a clinical treatment, the skin is first thoroughly cleansed. The esthetician (skin care specialist) then applies the chemical to the face (a slight stinging sensation occurs). After a specified period of time the acid is neutralized, thus stopping the chemical reaction. It is common to experience some temporary flaking, redness, and dryness of the skin for up to five days as the peeling process takes place. While these temporary effects will not prevent you from working or engaging in your normal activities, AHA's do cause your skin to be more photo-reactive so daily application of sunscreen is essential. Improvements from chemical peels may be subtle at first, but with continued treatments you will notice an improvement in the texture and appearance of your skin. Applying AHA or BHA home-care products once or twice a day will enhance your clinical treatments and improve your results.

ENZYMATICAL EXFOLIATION

Enzyme peels are the most gentle of all peels and are great for those with sensitive skin. Enzymes are derived from fruits such as papaya (papain), pineapple (bromelain), and pumpkin. These peels digest dead surface cells and break up hardened sebum in the pores. After an enzyme peel, the skin immediately feels soft and smooth to the touch.

It is very important that you find an esthetician who has adequate training and experience in skin resurfacing. Your esthetician at **Full Circle Wellness Center** may offer you a choice of peel techniques or suggest a combination of peels to obtain the best result. Make sure you are using appropriate skin care products for your skin type, and that the products support your clinical treatments. Smile! Radiant, touchable, appealing skin is just a peel away!

Schedule a free consultation with us today! Our hours are 9am to 7pm, Monday through Saturday.