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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Peel Your Skin Problems Away

By David Maillie

glyuSadly, the world that we live in today is no longer as clean and undefiled as it used to be.

Recent technological advancements have done considerable damage to our environment. The air that we breathe in and the water that we drink and bathe in isn't as pure as it used to be. Out of all our body organs, it is the skin that takes the worst beating from all these unfortunate changes. But thanks to recent medical breakthroughs, we now have treatments available to combat the harsh odds that the elements have dealt us.

The harsh wind and sunlight, coupled with neglect, can cause premature skin aging and leave unsightly lines and blemishes. While topical drugs can address some problems, it is still not enough to keep the face from looking dry and rough. A more aggressive yet gentle form of treatment is needed to prevent the face from further damage.

Chemical peeling is now being regarded as the best option to give the skin a second lease at life. Chemical peels work by removing the epidermis, which is the outermost layer of the skin. Peeling off the epidermis dramatically improves skin texture, smoothing out wrinkles, erasing spots caused by photo-aging and balancing the skin's color.

The chemical applied to the skin varies, depending on the extent of skin damage. Light to medium chemical peels are advisable for people who have age spots and pigment abnormalities or those suffering from the early stages of photo-aging. Cosmetic surgeons normally use either alpha-hydroxy (glycolic, lactic or fruit acids) or trichloroacetic (TCA) acids for the said procedure. Phenol peels, on the other hand, are recommended for severely damaged skin.

TCA vs. AHA

While both TCA and AHA can be used to treat light to moderately damaged skin, the former proves to be more effective in providing definite results. Dr. Mitchell E. Blum, a recognized cosmetic surgeon who has been practicing for more than 25 years, provides a deeper, more thorough peel, as opposed to AHA, which may require several applications before results can be achieved. He also states that a TCA skin peel mimics the results of a Phenol peel, in that it penetrates the deeper layers of the skin,

but provides a shorter recovery period. TCA peel is also quite affordable, and medical grade kits for home use can be found online at

<http://www.bestskinpeel.com>

However, Dr. Blum advises the use of tretinoin (preferably Retin-A), glycolic acid and other bleaching agents at least four to six weeks prior to undergoing the procedure to prepare the skin for the chemical peel. This is because tretinoin stimulates the skin to heal faster while glycolic acid enhances the effect of the tretinoin.

The Procedure

The procedure is fairly quick, consuming a maximum of one hour. TCA is applied onto the face, focusing specifically on troubled portions of the skin. Because of the burning sensation that the TCA will generate, surgeons normally advise their patients to drink painkillers or sedatives to relieve the discomfort. Ice can also be applied to the skin to relieve the pain.

After The Procedure

Patients are advised to wash their face daily with gentle soap and water, followed by the application of an oil-based or steroid ointment. The skin will appear red for the first few days but will eventually flake within four to seven days. To achieve maximum effect, patients are advised to use sunblock to avoid recurring skin problems.

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Chemical Peel Facts – Is It Right For You

By Paul Graham

Nowadays, there are a lot of options available towards getting that youthful glow for your skin. From the most complicated of plastic surgeries, to a simple face lift or chemical peel – there are about a hundred options that one can choose from to remove dead skin cells and get rid of that old, wrinkled look to give your spirits a lift and your morale a boost.

1. Skin Damage

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When we go out and get exposed to sunlight, the outer layer of our skin gets damaged and dead skin cells remain embedded on our skin, resulting from the dirt that gets stuck to the pores. Thus, as we grow old, the skin looks more dull and lifeless. When you add the acne scars, freckles and other facial blemishes, you really would like to have an option to restore that youthful glow that only movie stars seem to exude on screen, no matter how old or young they are.

2. What Is A Chemical Peel?

If you would not like to go for the surgical and more complicated procedures such as face lift and plastic surgery, chemical peel is definitely an option for you. There are three basic types of chemical peel that you can choose from, depending your individual need and skin type. Basically, a chemical peel is a procedure wherein the dead skin cells and the damaged outer layers of the skin are removed. There is that chemical word in the term because a chemical solution is used to smoothen or even out the texture of the skin. Eventually, the chemical applied causes the skin to peel off, hence the term chemical peel. This is typically done on the face, neck or hands. The procedure also enhances your overall look by removing the damaged outer skin layers. This is applicable and recommended for people with uneven skin tones, for people with wrinkles and facial scars from pimple/acne, and for people who just need to improve their skin texture.

3. Mild Peel

This procedure removes the superficial skin layer. This is the most skin-friendly type of peel and may be performed on all skin types. It is used to treat simple acne and pimple scars and uneven skin pigmentation. The chemical peel involves a dilute acid solution, which normally stays on the skin for a few minutes. After the chemical has been applied, the skin is neutralized with water, then the solution is wiped off. This type of peeling procedure produces a light peel, and will result to a smoother and brighter-looking skin and improved skin texture.

4. Medium Peel

This procedure goes a little beyond the superficial layer of the skin. After the treatment, the person undergoing the procedure will experience a sun-burned look and the skin might look chafed. The chemical solution stays longer on the skin, as compared to mild peels. This is applicable for people with more sun-damaged skin types, and can treat wrinkles as well as uneven skin pigmentation.

5. Deep Peel (RARELY USED)

As compared to the mild and medium-depth peel, the chemical used for this type of peeling goes through several skin layers. This can treat more pronounced skin pigmentations and wrinkles, as well as pre-cancerous growths. Moreover, this has more medical complications and considerations so it is better to consult a medical professional before undergoing a deep chemical peel. The procedure will definitely take a longer time, about more than an hour, for the chemical applied on the affected skin to take effect. However, the results are more glaring than the first two types.

After the treatment, whether you opt to go for a mild, medium-depth or deep peel, the person who

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underwent the procedure will experience redness of the skin. This will be followed by scaling, then peeling. The number of days that the skin will peel depends on the strength of the treatment. It is also important to avoid sun exposure after undergoing the chemical peel procedure. Finally, it is always good to consult a medical professional before undergoing any procedure, to be on the safe side. It is better to know every detail about the treatment that you would like to undergo, so that you would know how your skin would be treated and what to expect right after the treatment.

For more great chemical peel related articles and resources check out

<http://chemicalpeel.skincarehq.com>



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