



advanced skin fitness

For Your Information

Mid Depth Superficial Peelings

Light superficial complexion peels are an effective exfoliating, regenerating, and stimulating treatment for a variety of skin problems. The acids used for this treatment can vary depending on the skin type and tolerance. We select from a range of acids from Alpha Hydroxy & Beta Acids to TCA & Retinol.

It is suggested when scheduling this treatment to allow yourself some down time just in case the skin exfoliation is more than expected. Even though there will be anticipated peeling, the skin, at various stage of progress, may experience heavier sloughing. Usually this is never more than 1 – 2 days. With some procedures you are asked not to wear make up or do anything to the skin for two days. You will be advised of this and given the appropriate home care instructions.

It is impossible to predict exactly what may happen to the skin. Listed is a general description of what to anticipate.

- Immediately following the treatment, the skin will feel very smooth and tight.
- There may be a color change - pink to red the first day and then a brown tone until peeling occurs.
- The skin generally begins peeling within 2 – 3 days, however peeling can take place anytime for the next 7 days.
- The skin does not always visibly peel. It may take 2 – 3 treatments for this to happen. There are many other advantages from a skin peel.
- Benefits from these procedures may be smoother and softer skin, a healthier glow, less oil, more moisture, refined pores, and improvement in discoloration, diminished fine lines, and increased acne control.

You will be asked to discontinue use of Retin A, Renova, and AHA's for a week. It is required that you wear a sunscreen daily and use the appropriate home care topicals.

For more information call Advanced Skin Fitness at 214-521-5277.