

Peeling Back the Years



Olivia Young takes a look at the cosmetic treatment guaranteed to remedy a dull and lacklustre complexion

You can spend a fortune on creams and exfoliators that promise you a bright and refreshed complexion but there comes a point when you need a more comprehensive cosmetic treatment to give you the refreshed facial appearance you desire. A skin peel can dramatically reduce and even eliminate fine lines under the eyes and around the mouth. It can also correct uneven skin pigmentation, treat acne and soften the appearance of acne scars.

The procedure can also

Did you know?

- Every day thousands of cells die and are replaced by new ones from below the surface of the skin. This is a slow process that does not allow your skin to shed dark spots, sun damage or a dull, lifeless complexion.
- A skin peel speeds up the renewal process, shedding the top layers of skin, allowing the cells to naturally heal and renew the skin within a month.

dislodge dry, flaky cells, unblock pores, clear up skin debris and reduce the appearance of skin blemishes common with

age and heredity. A skin peel is a great way to refresh your complexion.

A step above traditional exfoliators, a skin peel will completely remove the top layers of your skin, exposing the fresh, and more youthful and radiant skin beneath. Although the face is the most popular treatment area, skin peels can have dramatic benefits on your neck, chest, hands, arms and legs.

The treatment

An anaesthetic cream is applied to the face followed

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CASE STUDY

Name: Linda Robinson

Age: 45

Occupation: Actor

Treatment: Skin peel with Skin Tech Easy TCA Peel

Why?

When I was younger I used to live in Spain, I loved sunbathing but rarely wore sun protection. So as the years ticked by, years of sun worshipping had caught up on me. My skin had started to sag quite a lot and I had a lot of fine lines and clusters of freckles around my eyes that gave the appearance of eye bags. I didn't want to experience anything invasive so I researched skin peels.

The procedure

I had a very comprehensive consultation with the doctor where my skin, diet and lifestyle were analysed. The doctor explained the procedure and we discussed my expectations of the treatment and reasons for wanting the procedure. A course of four treatments were recommended for best results.

My skin was thoroughly cleansed before applying the solution and once it was dry the peel was removed with cold water. Each peel took

around 30 minutes and other than a slight tingling sensation while it was on my face, completely painless. Between treatments I experienced some minor peeling which the doctor explained is part of the skins rejuvenating process. I was advised to use plenty of moisturiser and wear sun block at all times, which I believe has definitely boosted the results of this treatment along with the bleaching cream I was given to help fade my freckles and age spots.

The feedback

I was really pleased with the results, which were noticeable from the very first peel! My face and neck look and feel firmer and fresher, and my eye bags and freckles have visibly reduced. I'm told the results will last for up to nine months which, given such fantastic results, is well worth the money in my view. It's also made me take much better care of my skin – no more sunbathing for me!

by a thin layer of Easy (TCA) Peel solution. The solution dries within a few minutes and the skin is then coated in a post-peel cream. A course of four peels is required for best results. The post-peeling cream contains vitamin A to accelerate production of collagen, Selenium to accelerate healing of skin, vitamin E to scavenge free radicals, vitamin H to help skin grow, and vitamin C to help repair skin.

The whole treatment only takes 30 minutes. There can be a slight discomfort in the form of heat or irritation experienced on the initial application of the peel but coating the skin in a post-peel cream eliminates this.

The results

Your skin will then tend to flake after three to five days and any dry flakes can be removed gently with tweezers. It is important that you don't rub the skin harshly or use exfoliant products as these can cause redness and irritation and possible infection.

There is no downtime required with a chemical peel, but it is probably best not to schedule something where you'll be self-conscious about your skin flaking off in the first few days after the treatment.

The skin revealed by this peeling process is softer, firmer, smoother, line free and more evenly pigmented. A course of skin peel treatments, at intervals of one to two months, may be necessary to achieve the desired results.

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Skin peels and a wide range of facial and body treatments are available at Botonics. Visit www.botonics.co.uk or ring 0845 680 1964

