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Want Glowing Skin? Try A Chemical Peel

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So I found out that I was going to be on camera in exactly 3 weeks. The first thing I did was book an appointment to get a chemical peel. Chemical peels are great if you want glowing skin, which is exactly what you want when it comes to being camera ready. A chemical peel will improve the tone and texture of the skin, reduce fine lines, wrinkles, treat acne scars, reduce breakouts, and help unclog pores. Before you rush out and book an appointment, you want to do your homework. Well have no fear, I've done a lot of it for you.

There are a lot of different types of peels, and based on your specific skin issues and needs, will determine what will be right for you.

PCA Peels- This is a light non-aggressive peel that helps to repair skin by stimulating the exfoliation process. It removes the build-up of dead skin cells leaving skin glowing with no downtime.

TCA Peels- This is a medium depth peels, that can be excellent for sun damage and acne scars. TCA (trichloroacetic acid), is a relative of vinegar (acetic acid.) This is a medium strength peel, and may not be suitable for all skin types. The skin peels within a few days, and may require some downtime while the peeling is viable.

Phenol Peels- This is the strongest type of chemical peel available. Phenol peels penetrate deep and treat severe wrinkles, sun damage, lines and wrinkles. this type of peel is always performed with anesthesia, and requires two weeks of healing.

Since some types of peels can be a bit abrasive it's important to know who's treating your skin. Achieving and maintaining beautiful skin can be expensive, and lets face it, who doesn't want to save some coins. When booking something like a chemical peel think the best quality, not the least expensive. Read reviews, ask for a consultation and find out exactly the type of peel they will be using and the process.

If you're like me, and particular about who treats your skin, you get your treatments (peels, facials etc) in a facility that has a physician (dermatologist or plastic surgeon). For all of my beauty services, (peels, facials etc) I trust the team at the office of Dr. Yael Halaas in New York City. Dr Halaas specializes in facial plastic and reconstructive surgery. If I ever

need a little 'nip-tuck' this is the doctor I will have on speed dial. In the mean time her team helps me stay youthful looking until that time arrives.

I met with Hazel Forrester a registered nurse for my peel. Hazel with her award winning smile, and glowing skin always makes you feel like you are her favorite patient. I got a PCA peel, and afterwards I had no sensitivity. My skin peeled lightly for a few days, in which I made sure to use a moisturizer with SPF. My peel with nurse Hazel resulted in glowing smooth skin, that will sparkle on air. My final thought is that Oranges should always be peeled.

I would love to hear your facial peeling experience, please share.



Nurse Hazel and myself, a week, after my peel