

Prices

Medical Grade Peels

£85

Lumilight Peel

A superficial dermatological peel that speeds up epidermis cell renewal to even out pigmentation and reduce pigment defects on the skin.

pH 1.7 Glycolic acid, phytic acid and mandelic acid.

Purify Peel

Recommended for treating both active acne, acne scarring, micro-cysts, excessive sebum production.

pH 1.7: Glycolic acid and salicylic acid.

Rejuv Peel

Recommended for photodamaged skin, actinic keratoses, sunspots, loss of elasticity, fine lines, and wrinkles.

pH 2.2: Glycolic acid, ferulic acid and retinol.

Medical Peels

Peels help to reduce the visible signs of ageing by exfoliating the outermost layer of dead skin cells and stimulating cell renewal in the dermis. The newly remodelled skin cells contain more collagen and elastin, making the skin stronger and more supple. Peels can also address other problems such as pigmentation issues, active acne, and acne scarring. The active products below are prepared in different combinations to create the 'Lumilight', 'Purify' and 'Rejuv' peels.

Ferulic acid is a powerful antioxidant, it neutralises free radicals to reduce oxidative damage and protect the skin from sun damage and effects of ageing.

Salicylic acid (made from willow trees) can be used to treat active acne, by reducing sebum production, neutralising bacteria (acne vulgaris), reducing skin pore size and the breakdown of comedones (blackheads).

Glycolic acid (made from sugar cane) treats acne scars, photoaging, pigmentation problems, and reduces the size of pores.

Mandelic acid is an AHA peel suitable for sensitive skin, made from almonds.

Phytic acid is used to treat large pores, hyperpigmentation and photoaging.

Enzyme peels (made from pineapples and papaya), digest the dead skin cells at the surface, stimulating cell renewal and skin rejuvenation. Enzyme peels are ideal for very sensitive skin.

Retinol is a very effective treatment for acne, photodamaged skin, and individuals with pigmentation issues such as melasma. Retinol also acts as an exfoliant by increasing cell turnover.

(*See FAQs overleaf)

What to expect

During the procedure: Firstly, your practitioner will remove any makeup, cleanse the skin, and protect any delicate areas such as the nostrils and lips with Vaseline. The active products of your peel which are most appropriate for your needs will be selected based on your skin condition and chosen pain management strategy.

Immediately after the procedure: Your skin will be red, and it may feel like tingling or mild sunburn. To reduce the risk of any photosensitivity, your skin will be protected from the sun's UV radiation using an SPF 50.

The days after the procedure: Depending upon the peel selected for your procedure, you will experience dryness and it will feel tighter, there may also be some peeling.

Pre-treatment advice

If you exfoliate regularly, or use skin topicals such as Retin A, then you will need to stop at least a week before the procedure. Make sure your skin is hydrated by drinking plenty of water and avoid the sun or sunbeds to reduce photodamage and irregular pigmentation. Avoid waxing or using hair depilatory products for at least a week before your procedure.

The Benefits of Medical Peels

The combination of components in medical peels can be tailored to meet your objectives. In addition, the way they are applied and neutralised can be adapted to control any discomfort and fit your skin type. They are extremely versatile.

Medical peels such as those used in the clinic range must not be confused with the more aggressive peels used by dermatologists to treat deeper scarring. Our peels do not cause the excessive peeling, discomfort and downtime associated with these treatments, and do not require any anaesthesia.

FAQs Peels

*** I've heard mixed messages about the use of retinol, and I see that it's a component of the 'Rejuv' peel. Should I be concerned?** The short-term effects of retinol as a peel component are all beneficial, it's the long-term use of retinol that's in question. There is strong evidence that the long-term use of retinol as a daily skin regime can do more harm than good. Retinol can cause redness and inflammation, sometimes referred to as retinol 'burn'. As an exfoliant, retinol stimulates the turnover of skin cells at the surface, so more are lost daily. However, these are cells that contain melanin, the pigment that absorbs the harmful UV radiation in sunlight, with less melanin, the skin's protective barrier to UV is compromised, leading to photosensitivity.

What sort of skin conditions are suitable for chemical peels? Sun damage, acne scars, active acne, wrinkles and fine lines, and uneven skin tones.

How many treatments will I need? Depending upon the skin disorder being treated, a course of 3 to 4 treatments is recommended for most conditions. Your practitioner will then guide you at your consultation, based on your skin analysis and objectives.

Are there any adverse reactions I should worry about? The use of peels as an aesthetic procedure is recognised as inherently safe. Complications involving hyperpigmentation issues are occasionally documented in clients who have darker skin, and those prone to keloid scarring should avoid peels procedures.

Will my skin peel after this treatment? The downtime following medical peels procedure is very short, after a few hours any redness will subside and there should be little or no peeling. Your peel is 'superficial' which means it is designed to cause less trauma.

Are cold sores an issue? If you suffer from cold sores, then a peels procedure can cause an outbreak. Your lips will be protected with Vaseline, but better to be safe, and ask your GP to prescribe a course of antivirals just in case.

What's the difference between peels bought online, and peels used in clinics? Peels sold for home use have a higher pH and lower percentage than medical grade peels, so don't work as quickly as ones used for aesthetic procedures, plus they are not stabilised, so soon lose their effectiveness once opened.

Medical Peels



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