



BEAUTY

FACIAL PEELS
ARE A SAFE AND
EASY WAY TO
REJUVENATE A
TIRED-LOOKING
COMPLEXION

brightenup

Everyone loves a beauty treatment that gives instant results, hence our fascination with skin peels. But peels vary, from the milder home DIY kits to stronger professional procedures. Whether you are after a mild exfoliation or something more serious, there's a peel for you.

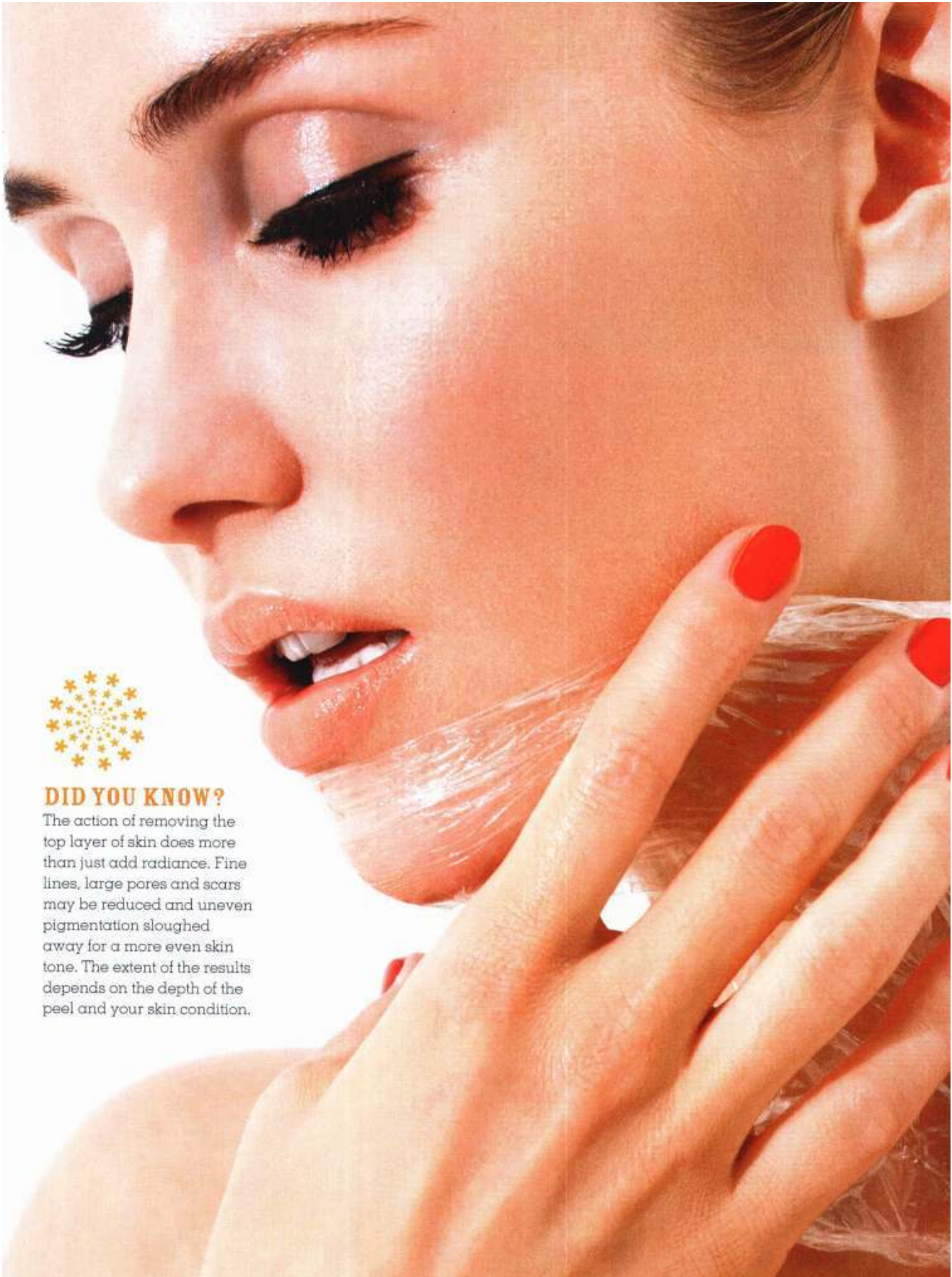
WHAT'S A PEEL?

A peel is simply another method of exfoliating, but instead of using a 'mechanical' exfoliant such as a granular scrub, 'chemical' exfoliants in the form of acids or enzymes are used to dissolve the glue that adheres dead cells to the skin's surface.

"Skin cells normally have a cycle of around 21 days," says cosmetic physician Dr Joseph Hkeik. "A peel makes the skin turn over much faster, and also promotes collagen formation, giving a fresher complexion."

MILD PEELS Most professional beauty salons offer mild AHA peels using glycolic, lactic or salicylic acids, often incorporated as part of a facial. These work to instantly freshen the complexion and prepare skin for maximum absorption of active ingredients by removing surface dead skin cells.

HERITAGE HEALERS GRAPE WINE PEEL	PRIORI ADVANCED AHA WITH LCA COMPLEX PEEL	COSMEDIX BLUEBERRY SMOOTHIE PEEL
What? A multi-fruit acid complex with over 20% total acids, including citric, tartaric and malic acids from grape extract, melon and kiwi pulp. It helps boost cellular renewal without stripping back the skin.	What? Containing salicylic and lactic acids, as well as vitamins A, C and E, this peel is very hydrating. Priori homecare is used for seven to 10 days prior.	What? Based on lactic acid, contains blueberry extract to help exfoliate and also provides skin-nourishing antioxidants. It can be massaged in, for added relaxation benefits, and may be left on skin for five to 20 minutes, depending on condition of skin.
Why? Regenerates skin rather than stripping it back, so suits all skin types, even people with sensitive skin.	Why? Skin appears clear, soft, hydrated and radiant.	Why? It's a quick skin boost suited to any type of skin – perfect for a special occasion. Complexion appears fresher, smoother and more radiant.
Where? Selected salons. Call 1800 685 050 or visit www.heritagehealers.com .	Where? At selected salons. Call 1800 808 993.	Where? Doctors or cosmetic clinics. Call 1800 648 851.
Cost? Weekly peels are advised for six weeks, at \$80 for a 30-minute session.	Cost? Around \$100.	Cost: From around \$100.



DID YOU KNOW?

The action of removing the top layer of skin does more than just add radiance. Fine lines, large pores and scars may be reduced and uneven pigmentation sloughed away for a more even skin tone. The extent of the results depends on the depth of the peel and your skin condition.



MEDIUM PEELS Available at cosmetic clinics and specialised beauty salons, a medium peel can give excellent near-instant results. Some redness and flaking are usual but recovery time is minimal.

THE GREEN PEEL	TIMELESS PEEL WITH RESULTS RX	ASAP JP7 PEEL
<p>What? Uses herbs instead of acids, including spirulina, estimated to contain up to 250 vitamins, minerals and trace elements. The tiny particles of herbs embed themselves in the skin after the peel has been applied, and cause the top layer to shed around three days after the treatment. Skin feels hot and scratchy while the peel is massaged in.</p> <p>Why? Fantastic for skin affected by acne or sun damage. Skin looks fresh in colour and finer in texture.</p> <p>Where? Beauty salons and cosmetic clinics. Call 1300 301 007 or visit www.omniderm.com.au.</p> <p>Cost: Around \$679 for an initial treatment, including homecare products.</p>	<p>What? Medical-grade peel that uses retinol (vitamin A) and lactic acid. The skin is prepped for two weeks prior using Results Rx homecare. Some mild tingling and gentle heating of the skin may be felt while the peel is on the skin. Tightness, redness or flaking may occur during the first four to five days after.</p> <p>Why? Skin is noticeably smoother, denser and more hydrated. Fine lines and wrinkles may even be improved.</p> <p>Where? Cosmetic medical practices. Call (02) 8814 5800 or visit the website at www.edeninstitute.com.au.</p> <p>Cost: Around \$260.</p>	<p>What? A medium depth peel with trichloroacetic acid, citric acid, and meifade, an ingredient which helps reduce pigmentation. Some tingling and redness may be experienced, plus visible flaking for five to 10 days after treatment.</p> <p>Why? Very beneficial for sun damage and pigmented skin types. Skin appears brighter, smoother and more even in tone afterwards.</p> <p>Where? Salons and cosmetic clinics. Call 1300 131 970.</p> <p>Cost? Around \$85-\$100.</p>



DEEP PEELS

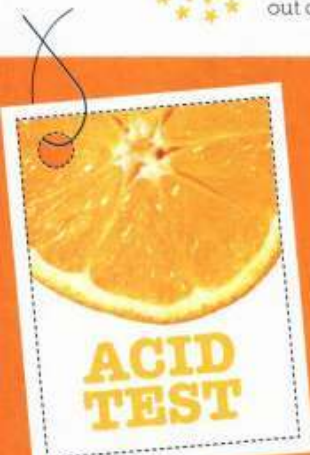
Used only by doctors, deep peels speed up the process of exfoliation dramatically by dissolving several layers of skin. After the treatment, skin is red, tender and flaky. It may take several days before the skin fully recovers.

"Aggressive peels are used very little these days as most people don't want to put up with the pain and down-time that goes with them," says Dr Hkeik.

"It is much more common now to do a course of medium-strength peels to gain a gradual, but effective result."



DID YOU KNOW? Removing the top layers of the skin reduces your skin's natural sun protection, so you must use a SPF30+ sunscreen every day when using any type of peel, and stay out of the sun as much as possible. For this reason, the winter months are an ideal time to peel.



Acids used for facial skin peels may be artificial, such as trichloroacetic acid (TCA) used in deeper peels, or derived from a natural source such as alpha hydroxy acids (AHAs) most of which come from fruits, sugar cane or milk. Enzymes are usually naturally derived from fruits such as papaya or pineapple.

🔥 **Glycolic acid**, occurring naturally in sugar cane, is one of the most commonly used AHAs.

🔥 **Lactic acid** derived from milk is becoming increasingly popular, being a gentler option than glycolic acid, but with similar properties.

🔥 **Salicylic acid** is a beta hydroxy acid (BHA). It exfoliates deep down into the pores and therefore is particularly beneficial for oily/acne skin types.

🔥 **Citric acid** from citrus fruits, is an AHA which also has astringent and antioxidant properties.

DIY PEELS Home peels are a fantastic and convenient option for instant rejuvenation. But always read the instructions and don't be tempted to use more product or leave it on longer than advised.

■ ■ ■ **Avon Clinical Advanced Retexturising Peel, \$69.99.** Easy to use, this glycolic peel comes in the form of pre-soaked pads. Just wipe over the face every other day and follow with your regular face moisturiser. No need to wash off. Consumer tests in the US showed its results are comparable with a professional glycolic peel.

■ ■ ■ **Lancôme Resurface Peel Kit, \$245.** This peel treatment kit only takes 10 minutes and has 8% glycolic acid. It's designed to be used as an intensive treatment twice a week for one month, and gives salon-style results. Included are a headband and applicator brush, purifying prep lotion, peel renewing cream, neutralising wipes and soothing cream.

■ ■ ■ **Skin Doctors Rapid Peel, \$59.95.** This glycolic peel is used as a weekly treatment and guarantees to achieve the results of a medical-grade

peel if used for 12 weeks. You leave it on the skin for one minute for the first two weeks and build up gradually to six minutes at weeks 11 and 12.

■ ■ ■ **La Prairie Cellular 3-Minute Peel, \$300.** Potent combination of salicylic acid and malic, lactic and citric acids, which are only left on the skin for three minutes. Recommended for use as a weekly booster treatment.

■ ■ ■ **Jan Marini Skin Zyme Green Papaya Enzyme Mask, \$88.** Uses enzymes from green papaya to digest dead cells without harming sensitive or irritated skin.

■ ■ ■ **MD Formulations My Personal Peel System, \$150.** With 20% glycolic compound, salicylic acid and botanical extracts, here's a true professional treatment for home. There are three steps: easy-to-use peel pads, a choice of

three after-peel boosters that infuse skin with vitamins and



nutrients according to your needs (anti-wrinkle, extra clear or brightening), plus Post-Peel Restorer to calm skin and re-build the protective barrier.

■ ■ ■ **Pevonia Enzymo-Sphérides Peeling Cream, \$72.50.** Enzymes from pineapple and papaya are encapsulated in this cream, meaning they do not become active until they are applied to the skin. This gives superior results as their action on the skin lasts longer.



■ **Eminence Organic Skin Care Yam & Pumpkin Enzyme Peel, \$72.** A delicious puree of yams and pumpkins. This smells divine, and uses all-natural enzymes and ingredients to accelerate the exfoliation process.

