

What are Chemical Peels?

The chemical peel is one of the oldest cosmetic procedures in the world, and was performed in ancient Egypt, Greece, and Rome to help people achieve smoother, more beautiful skin. Today, chemical facial peels are popular because they offer nearly immediate results and can be performed as an outpatient procedure. If you want to reduce or eliminate the appearance of fine lines, wrinkles, acne scarring, and uneven pigmentation, or if you simply want to rejuvenate your skin, this is formation to help you learn more about chemical peels — their risks benefits, cost, and more.

Patients who have never heard of this treatment before will want to know, *what are chemical peels?* A chemical peel is a treatment in which an acid solution is used to remove the damaged outer layers of the skin. Typically administered as a facial peel, a chemical peel enhances and smoothes the texture of the skin. It is an effective treatment for facial blemishes, wrinkles, and uneven skin pigmentation.

Also known as glycolic acid peels or AHA chemical peels, light chemical peel is a non-invasive treatment that removes the upper layers of dead and damaged skin and encourages skin cell regeneration. This type of peel provides gentle treatment for fine lines, acne, chronic dry skin, and uneven pigmentation. The formulation of the chemical solution used in a light chemical peel

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Light chemical peels are also known as glycolic acid peels, AHA chemical peels, or salicylic acid chemical peels. Glycolic acid, an alpha hydroxy acid (AHA) that occurs naturally in sugar cane, is the most common ingredient of light chemical peels. The ingredients and formulation of a light chemical peel, however, depend upon the specific patient's skin care needs. With light chemical peels, the chemical solution is left on the skin for a relatively short amount of time.

When applied to the face or another part of the body, the AHA chemical peel solution works by removing the outer layers of skin so that a new, smooth layer of skin is revealed. The action of the chemical solution stimulates the production of elastin and collagen, essential components of

healthy, youthful skin . **Candidates for Light Chemical Peels**

Good candidates for light chemical peels are patients who have relatively mild skin imperfections and conditions, and who want to rejuvenate and enhance the appearance of their skin without the recovery time of harsher treatments. Glycolic acid peels (AHA chemical peels) are a safe and effective way to improve the look of sun-damaged skin, and they are helpful in reducing mild acne scars and fine lines. Because these light chemical peels exfoliate the surface of the skin and unclog pores, they are also considered and effective type of [chemical peel for acne treatment](#).. The entire process of a light chemical peel usually takes less than an hour, and the patient typically experiences little or no skin redness or other side effects. After a light chemical peel, the patient can expect to return to daily activities immediately. Multiple treatments are usually necessary to achieve optimal results. Light chemical peels contain alpha hydroxy acids and/or beta hydroxy acids. Physicians who perform light chemical peels select an appropriate chemical solution (or mix of solutions) based on each patient's needs.