

THE ZOE REPORT

This Very Important Step Is Probably Missing From Your Skincare Routine

by Andrea Navarro August 8, 2016



The phrase “chemical peel” can sound scary once heard. Mental images of red blotchy and swollen skin often pop into our heads, making many hesitant to ever give the procedure a try. However, when it comes down to the facts and research done by expert skincare professionals, chemical peels aren’t scary at all.

At first, chemical peels were associated with visits to dermatology offices and only practiced by professionals. Thanks to advancements in skincare, they can now be done safely in the comfort of your own home. If you’re looking to have vibrant, glowing skin, then it might be time to

consider incorporating one into your ownskincare routine. We caught up with Beverly Hills dermatologist and founder of SKINxFive, [Dr. Ava Shamban](#) for a brief explainer of chemical peels and their benefits.

The Benefits

“There are many different types of chemical peels, ranging from acid peels such as AHA or TCA peels, to enzymatic peels. A peel basically makes your skin peel off and stimulates cell turnover. The purpose of a peel is to refresh your skin, treat acne, brown spots, fine lines and wrinkles,” says Dr. Shamban. In other words, peels are great for treating the problem areas that many of us tend to focus on when analyzing our own skin, and there are plenty of different options to try. While some may have more serious skin issues than others, Dr. Shamban says that peels can actually benefit all of us.

“Everyone can use faster skin cell turnover and a more even texture to the skin. It is easier to apply makeup and you would also need less makeup,” she explains.

At-Home Peels vs. a Doctor’s Visit

As you’re aware, many skincare brands are now offering at-home peels in their product ranges, but it’s important to note that they’re different than those performed by your dermatologist. The main difference lies in a peel’s concentration and the type of peel you’re actually considering. “What you have done in an office is a lot more intense peel than what you can do at home,” she says. However, both are not something that should be done on a daily basis. If interested, Dr. Shamban advises to use a peel anywhere

from every week to every other month depending on the condition of your skin and the areas you're trying to improve. The more problem areas, the more often you should be using a peel.

Are They Essential?

Because they are a standalone treatment and not part of a daily skincare regime, Dr. Shamban says using a light moisturizer post-peel is the next necessary step on days when using a peel. But are they actually essential? "If your goal is fresh, smooth, glowing, youthful skin then peels will become an important pillar of your skincare regimen," she says. Therefore, since pretty much everyone wants healthier looking skin, chemical peels are probably worth a try, and for those who don't like products with intense formulation, at-home peels may be the best option.