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SKIN NEWS

The Return of the

CHEMICAL PEEL



SKIN NEWS

raw," says Jeannette Graf, an assistant clinical professor of dermatology at Mount Sinai Hospital in New York City. But acid formulas have been refined, and so have dermatologists' approaches to using them. "Our goal now isn't so much to cause visible peeling as it is to infuse the skin with ingredients that diminish lines, build collagen, and improve tone," says Jennifer Linder, an assistant clinical professor of dermatology at the University of California, San Francisco, and the chief scientific officer for the clinical line PCA Skin. Still not sold? Here are five more reasons to book a peel—and help your skin make a radical comeback.

1 **Peels can make your skin—and skin-care products—work better.** In minutes, acids lift away dead cells and trigger a lovely chain reaction: "As that topmost layer is shed, signals are sent to the living cells below to multiply and move up, to increase collagen production, to make more hyaluronic acid—to act younger," says David Bank, an assistant clinical professor of dermatology at Columbia University/Presbyterian Hospital in New York City. A thorough sloughing also offers one very immediate upshot: smoother skin that's both more radiant and more receptive. "Your skin-care products perform better after a peel because there are no dead cells impeding their penetration," says New York City dermatologist Neal Schultz, who averages at least 50 peels a week in his Park Avenue office.

2 **They're low-risk, and you can go custom.** There are chemical peels that are safe to use on every skin color without risk of hyperpigmentation (usually a worry with darker complexions). "We now know that using low percentages of multiple acids gives a better outcome with less irritation than a single acid at a higher strength," Linder says. Doctors have plenty of premixed cocktails to choose from, like PCA Skin Sensi Peel, which mixes trichloroacetic acid (TCA) and lactic acid to rev up collagen synthesis deep down and dissolve the drab skin on top. But a lot of doctors also cook up their own recipes to address very specific concerns. For tenacious Bucay adds a pinch of B vitamin C or a smidgen hydroquinone to her acid when treating those sar

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