



LEARNING THE FACTS ABOUT WHICH CHEMICAL PEEL IS THE RIGHT ONE FOR YOUR SKIN FROM RADIANCE MEDSPA BETHESDA

Q: First of all what is a chemical peel?

A: Despite the name it really doesn't actually contain chemicals but is actually made up of organic ingredients like sugar cane, milk acids and others depending on what type of peel you get.

Q: There are so many different types of peels—how do I know which one is right for me?

A: Depending on the condition of your skin and your skin care goals the esthetician can customize a peel to suit your individual needs.

Q: How will they do that?

- 1) First they'll take a medical history and find out if you have any conditions or allergies that would affect your outcome.**
- 2) Then they'll look at your skin with the Visia Digital Skin Analysis machine which takes a standard and UV photo of you skin which the esthetician can then analyze. They'll look at surface pigmentation, pores, bacterial deposits, UV damage and wrinkles. They can even compare your results against others in the same age and gender group and skin type.**
- 3) You'll meet with the treatment coordinator for some background info on your options based on your skin analysis.**
- 4) The esthetician then recommends a customized peel for your skin and discusses the treatment process and home after-care.**

Q: Are some peels more intense than others?

A: Yes, you can get anything from a lunchtime peel which is one of the lightest to a peel that can only be performed by a plastic surgeon and might involve more downtime.

Q: What does the peel feel like?

A: You'll probably experience some tingling but no real discomfort and that is only while the peel is on your skin and only for a couple of minutes. The esthetician will closely monitor you since the peel is not supposed to be extremely uncomfortable.

Q: Is there a difference between microdermabrasion and a chemical peel?

A: Yes, in microdermabrasion you are only doing an exfoliation. With a chemical peel you are also doing some exfoliation but also adding nutrients back into the skin which then can treat existing conditions from acne to aging.

Q: How many peels will I need and how much will it cost?

A: A series of 5 peels is recommended for maximum results with 3 to 4 weeks in between. The price for each peel can range from \$145 to \$1200 with some special package deals. Below is a list of some of the peels offered at Radiance Medspa Bethesda.

At Radiance Medspa Bethesda you can consult with Medical Spa Manager & Treatment Coordinator Katherine Wahl or Estheticians Linda Gaetano or Mahin Huschmand for more information.

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Chemical Peels

Cosmelan Peel

The Cosmelan® depigmentation peel is a breakthrough treatment that utilizes a 2 pronged approach to eliminate dark patches caused by melanin deposits. First, it deactivates a critical enzyme in the production of melanin responsible for the formation of dark spots. Secondly, it utilizes a proprietary blend of bleaching agents and botanical ingredients to eliminate existing excess pigment deposits.

The Cosmelan® peel is compatible with all skin types and colors and can be used year round because of its very high safety margin. This peel has also proven to be highly effective in treating acne ravaged skin. The Cosmelan® peel does not contain hydroquinone, TCA or AHA.

Melanin is the pigment that gives skin its color—from pale to tan to dark black—and supplies the skin's internal UV protection. Under normal circumstances, melanin is evenly distributed and invisible. But when skin undergoes repeated external stresses, especially UV rays, or is exposed to internal disruptions (such as hormonal shifts like those experienced during pregnancy) it produces more melanin than it needs. The result is uneven skin tone, blotchiness, dark patches and discolorations. Over time, this melanin accumulation becomes more visible as cell turnover slows down and skin loses its ability to shed dull layers at a youthful rate.

The Cosmelan® depigmentation treatment is executed in 2 phases: the first phase consists of the application of Cosmelan I, a mask which you wear home and keep on from 4 to 8 hours, depending on your skin type as determined by the aesthetician. At the indicated time, the mask is washed off with water and a pH neutral cleanser. The second treatment phase consists of daily application of a maintenance cream called Cosmelan 2, containing botanical acids that support the depigmentation achieved. Initially after the procedure, you may experience different sensations, varying from warm flushing to slight itching. The exfoliation process may be less noticeable until the 2nd through 5th day following the procedure, when you may notice mild peeling, itching or skin tightness. To maintain satisfactory results, a sunblock of 40 SPF or greater must be worn at all times following treatment.

You can trust the Radiance Medspa professionals for effective, state-of-the-art Facial Peels in Bethesda.

Vitalize Peel

Vitalize Peel from SkinMedica brings the benefits of alpha-hydroxy and other peeling agents in a unique blend to provide a strong, but gentle treatment that is appropriate for all skin types. Vitalize Peel has been clinically proven to help reduce the visible signs of aging.

After one Vitalize Peel, you will notice:

- An improvement in your skin's texture and tone

- Lessening of Fine Lines
- Healthier More Youthful Appearance
- Dramatic Results are Achieved With a Series of Peels

Who should consider a Vitalize Peel?

Anyone who wants their skin to look better and help fight the effects of time should consider Vitalize Peel. Those who have sun-damaged, aging, blemish-prone, acne scarring skin, hyperpigmentation, melasma, or general poor skin quality will benefit most.

PCA Peels

PCA peels are made with salicylic acid which is a beta-hydroxy acid and the only member of the beta-hydroxy acid family.

Salicylic acid is beneficial for acne vulgaris, enlarged pores, rough and oily skin, melasma, post-inflammatory hyperpigmentation, and photoaging.

Who should consider a PCA Peel?

Anyone who wants their skin to look better and help fight acne vulgaris, enlarged pores, rough and oily skin, melasma, post-inflammatory hyperpigmentation and photoaging or general poor skin quality will benefit most.

How long will the treatment take?

From start to finish the procedure should take approximately 20 minutes. There is little or no downtime.

When Can I schedule my next peel?

Salicylic Peel is gentle enough to use every two weeks for maximum benefits. Ask your skin care professional when to schedule your next peel.

What should I do after my peel?

You may be more sensitive to the sun, so limit sun exposure during treatment and for at least one week afterwards. Use sun protection for the face of at least SPF 20 or higher.

Avoid strenuous exercise for at least two or three days, as the perspiration may irritate the skin.

When washing your face, do not scrub. Use a gentle cleanser.

Avoid wearing foundation after the treatment or during the days when the skin is actually peeling. Many foundations contain ingredients that are greasy, fragranced, and irritating.

Do not have any other facial treatments for at least one week after your Salicylic Peel. You may resume regular use of Retin-A, alpha-hydroxy acid (AHA) products, or bleaching creams only after the peeling process is complete.

Who cannot have a PCA Peel?

Those with a history of allergy to aspirin, and pregnancy and lactation are contraindications.

How long will the treatment take?

From start to finish the procedure should take approximately 20 minutes. There is little or no downtime.

When Can I schedule my next peel?

Vitalize Peel is gentle enough to use every three weeks for maximum benefits. Ask your skin care professional when to schedule your next peel.

What should I do after my peel?

You may be more sensitive to the sun, so limit sun exposure during treatment and for at least one week afterwards. Use sun protection for the face of at least SPF 20 or higher.

Avoid strenuous exercise for at least two or three days, as the perspiration may irritate the skin.

When washing your face, do not scrub. Use a gentle cleanser.

Avoid wearing foundation after the treatment or during the days when the skin is actually peeling. Many foundations contain ingredients that are greasy, fragranced, and irritating.

Do not "help" the skin to peel to avoid scarring or rashes. Do not pull on or peel shedding skin. Control the flaking with a light moisturizer.

Do not have any other facial treatments for at least one week after your vitalize Peel. You may resume regular use of Retin-A, alpha-hydroxy acid (AHA) products, or bleaching creams only after the peeling process is complete.

Power Peel

If you could remove the outermost layer of dry, dead skin cells, you would see just below the surface lies a fresher, younger looking face. That's exactly what Power Peel treatments can do for you. By gently and precisely exfoliating the surface of your skin over a course of sessions, Power Peel treatments whisk away years of dull build-up, revealing brighter, more evenly-toned skin in as little as 4 to 6 treatments. This process combines microdermabrasion with a glycolic or salicylic peel, using combination therapy of physical and chemical exfoliation to improve skin texture. Because layers of dead skin cells form a protective covering for bacteria to breed, Power Peels can help in reducing the incidence of break outs. Power Peels are also indicated for the treatment of superficial lines and wrinkles, sun damage, uneven skin tones, superficial scars, acne and acne scarring.

Over four to six appropriately timed treatments, this repeated process stimulates production of a new layer of skin cells, bringing with it an increased level of collagen and elastin, the building blocks of supple healthy skin. This procedure is safe for all skin types, including Asian and African American skin.