



ADVANCED WELLNESS

aesthetics – massage therapy – foot zone

When Is the Best Time to Schedule a Chemical Peel?

If you're considering a chemical peel, the best time to do it is during the cooler months when your skin is less likely to be exposed to sunlight and heat. Those with oily skin may find that their skin benefits from a chemical peel all year round. Be sure to schedule your treatment when you have some free time for recovery, and make sure your skin is in good condition before having the peel done.

1) Consider Your Skin Type

Your skin type is the most important factor when deciding when to have a chemical peel. If you have sensitive skin, you may want to avoid having a peel done during the summer months when your skin is more likely to be exposed to sunlight and heat. Those with oily skin may find that their skin benefits from a chemical peel all year round.

2) Consider Your Skin Condition

Another thing to consider when deciding when to have a chemical peel is the condition of your skin. If you have any open wounds or active acne, it's best to wait until those have healed before having a peel done. You should

also avoid having a peel done if you've recently had any other facial treatments, such as microdermabrasion or laser resurfacing.

3) Consider Your Schedule

Finally, you'll need to consider your schedule when deciding when to have a chemical peel. Peels can take anywhere from a few minutes to an hour, depending on the depth of the peel. You'll also need to factor in any post-peel recovery time when deciding when to schedule your treatment.

How Long Will I Peel After a Chemical Peel?

After your chemical peel, you will likely soon experience some dryness and peeling within the first few days. This is normal and part of the skin's healing process. Peeling usually lasts for a few days to a week. You should avoid picking or scratching at the skin, as this can cause infection or scarring. After the peeling has stopped, you will be left with smooth, healthy skin.

Peeling Process



Exfoliation Process Peeling Days 3-7