



Rejuvenation? EXFOLIATION!

HEALTH
Talk

Exfoliation - superficial skin peeling - is a safe, proven method of removing layers of dead cells to improve the appearance of the skin and slow down the aging process. From the time of Cleopatra bathing in milk and wine, the practice has moved from royalty to mainstream consumers. Relatively harsh chemicals, used for decades, have been replaced by gentler fruit acids, AHAs (alpha hydroxy acids) and enzymes. Now, by following professional guidelines, proper technique, pre- and post-care and selecting stable and pure ingredients, great results can be obtained from peels.

Signs that your skin needs exfoliation:

- Dull appearance, no life and no glow
- Surface of the skin looks dry and dehydrated, even for oily skin
- Skin feels thick and rough to the touch
- Blemish marks from recent breakouts
- More wrinkles than usual

Some of the most common acids and enzymes used in salon or home products are listed below. "Professional products" used in salons typically have higher concentrations of active ingredients than those for home use and may be formulated with higher concentration at a different pH. Unfortunately, some retail consumer products are too weak to produce real results.

AHA (Alpha Hydroxy Acids)

- Glycolic Acid - Derived from sugar cane, easily

absorbed, it is excellent for acne and oily skin and promotes cell regeneration. Not recommended for very sensitive and dry skin.

- L-Lactic Acid - Derived from milk, this hydrating product promotes cell regeneration and supports cell turnover. Friendlier for dry skin.
- Malic Acid - Derived from apple, it helps firm and tone while providing antioxidants to the skin.
- L-Tartaric Acid - Derived from grape, it is toning and rich in antioxidants.
- Citric Acid - Derived from citrus, it is antiseptic, has antioxidants and supports capillaries.

Salicylic Acid / Beta Acid - Derived from wintergreen and birch bark, it is antiseptic, drying and promotes peeling while supplying antioxidants. Normally used for oily and acne skin.

L-Retinol Acid - Chemically related to Retinoic Acid, it similarly supports and improves the skin, without incurring the photosensitivity and side effects of Retin-A.

Enzymes

- Papain - Derived from the papaya fruit, it softens keratin and removes dead skin cells. Safe for sensitive skin.
- Pumpkin - It has high concentrations of vitamin A, Beta Carotene, Zinc and Salicylic Acid, important antioxidants, and also promotes healing.
- Bromelain - Extracted from pineapple, it smoothes and polishes the skin and promotes cellular regeneration.

Contraindications. If any of the following conditions apply to you, your skin may not be ready for exfoliation.

- Recent burns
- Many capillaries visible (this means the skin is thin)
- Planning activities with greater sun exposure

- Very delicate, sensitive skin

With any question of sensitivity, try a patch test before choosing any exfoliation product. After any skin peeling treatment, remember protection! Use sunblock and moisturizer conscientiously, every day, as your beautiful new skin will be more vulnerable to UV rays.

**For questions and suggestions,
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