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Fact Sheet Skin peels (en)

What are skin peels?

Skin peels are a treatment that helps improve and refine the skin. They work by lifting off the top layer of dead skin cells, therefore smoothing away fine lines, wrinkles and blemishes and improving the overall appearance and condition of the skin. They can be performed both on the face and/or neck area.

Alpha Hydroxy Acids (AHAs) are a group of naturally occurring acids and glycolic acid – which is the smallest and therefore the most penetrating AHA – is the key component in skin peels.

Skin peels can help people prone to acne, as the glycolic compound can dislodge comedones and help prevent their formation and higher concentrations can lead to the 'unroofing' of pustules. People who have dry skin also show improvement, though generally anybody is suitable for skin peels. A skin peel programme is a good way of improving your skin and is ideal for people with an up and coming important event such as a wedding or holiday.

How long are treatment and how often do I need a treatment?

A skin peel at the clinic takes approximately 20 minutes (the peels itself take approximately 4–12 minutes). Between 4-8 peels are required to achieve the best results, depending upon a patient's skin condition and this will be discussed at the consultation. It is not recommended that a patient have more than one skin peel per week.

It is essential to use a homecare product at least one week prior to the first peel. This will begin the exfoliating process and also assess the skin for any sensitivity. The homecare range varies in strength with the glycolic acid. The concentration and type of each product, will be selected for individuals and will depend on skin type and the condition being treated. Glycolic acid skin peels will enhance the homecare range. The peel can be applied to most areas of the body and can be done once a week. It can be used for treating fine lines and wrinkles, acne scarring, acne, blemishes, hyperpigmentation etc.

Skin peels at our practice should not be confused with those that can be obtained at a beauticians, as the strength of glycolic acid is different. We have two strengths of glycolic acid peels available, both of which are over double the strength of that used in a beauty clinic and can only be used in a medical establishment. Should the lower strength not be sufficient, the higher strength peel can be used to achieve better results.

Following treatment it is advisable to use a sunblock of at least SPF 30 which is available at our practice. Make-up can be used straight away and patients can return to work immediately.

Price List

Glycolic or Salicylic Acid Peels

6-8 Peels CHF 160 per peel

Pack of 8 Peels CHF 960

For any further information please call us on 044 225 41 41