

Heal and Peel: Alpha Hydroxi Acid AHA peel with infrared light therapy

Lactic acid peels are alpha hydroxi acids (AHA). Derived from milk, they are very mild chemical peels with little to no downtime. Because lactic acid is a natural human metabolite, there is less chance of an allergic reaction with this type of peel.

Therefore, they are a good choice for first-time peel users or for those with sensitive skin. However, dry or oily skin types can also use this peel and get good results.

Lactic acid is especially good for to use for mature skin.

The benefits of lactic acid peels include:

- Exfoliating the surface of your skin.
- Deep cleaning pores.
- Fading dark marks.
- Improving hyper-pigmentation.
- Evening out skin tone.
- Reduce the signs of aging
- Brightening and lightening skin.
- Improving the appearance of light wrinkles.
- Stimulating natural collagen production.

Overall, lactic acid peels are a great way to treat common skin concerns. How great a lactic acid peel will be at fixing a skin problem will depend on a number of factors though. These include how your skin reacts, the strength of the peel (lactic acid peels usually range from 30-40-70%), the number of peels you get (you will usually need more than one to get your desired skin results), and how well you take care of your skin post-peel.

What to Expect from a Lactic Acid Peel

Before the lactic acid peel solution is put on your skin, your skin will first be thoroughly cleansed. Facials oils will prevent the peel from effectively penetrating your skin, so often a prep solution will be applied before the peel to make sure your skin is clean, oil-free, and primed.

After the peel is applied to your skin, the person giving you the peel will set a timer for when the peel should be neutralized. The longer the peel is left on your skin, the more penetrating and potentially irritating it will be. You generally work your way up to longer peel times and higher strength peels as you get more follow-up peels.

During the lactic acid peel, your skin will feel warm and turn pink. This post-peel pink skin could last for a few hours or a few days. It's normal and will go away on its own, as long as you wear sunscreen, stay out of the sun, and avoid exfoliating or scrubbing your skin until after your skin heals. Lactic acid peels don't burn or make your skin physically peel graded for sensitive skin.

FAQS and Follow-up Care

Is there any downtime?

There isn't any significant downtime associated with lactic acid peels.

When will you see results?

Like with all chemical peels, lactic acid peels take time to work. People tend to expect their skin to show drastic improvements right after they get a peel done, but these improvements don't happen the next day.

Just because your skin doesn't look any different immediately after you get a peel, it doesn't mean the peel didn't work. Your skin continues to get better in the days following the peel.

Follow up home care instructions.

For certain skin issues, like fading dark marks and erasing fine lines, it will take multiple chemical peel treatments to see results. Again, these results will depend on your skin, the strength of the peel, the frequency of the peel, and how well you take care of your skin post-peel, and what other products you are using.

For example, when using retinoids, it would be smart to not be as aggressive with lactic acid peels because your skin is already getting a strong dose of exfoliation.

Lactic acid peels are a great way to treat superficial skin damage. A lactic acid peel every 2-3 weeks will revitalize and brighten skin, keeping it young and healthy.