

ABC of Chemical Exfoliation

Exfoliation treatments by means of acids are one of the most popular therapies in the menu of a beauty parlor. What should we know about them?

Let us begin from the basics, i.e. from determination what chemical peeling is. Speaking quite generally, it is a treatment of controlled removal of the surface layer of epidermis in order to stimulate it and improve its function at particular levels which has impact on the quality and aesthetics of the skin. The major task of an exfoliation procedure is to accelerate the cellular regeneration in the basilar layer of epidermis and stimulate fibroblasts for the synthesis of collagen, elastin, and hyaluronic acid in the dermis. The effect of this type of treatment is cleansing, moisturizing, smoothing the surface of the skin, regulation of the work of sebaceous glands, stimulation of regeneration of the skin, equalizing colors and diminishment of the signs of ageing.

In our Hotel SPA, we propose to you 2 types of treatments using the effect of chemical acids of the renowned Italian firm Comfort Zone, which bases its effectiveness on the 2 year research conducted in its own laboratories. Our treatment procedures involve the effect of glycolic acid, citric acid, lactic acid or gluconolactone in appropriate concentrations.

Recommendations for using these types of acids:

- ✓ Glycolic acid – it has anti-ageing effect, it levels out the signs of photo-ageing of the skin, it narrows down expanded pores, it lightens discolorations, it reduces post-acne scars;
- ✓ Citric acid – it removes free radicals, which are responsible for damage to skin cells, and in consequence, it has strong anti-ageing effect, it has anti-bacterial effect, it lightens the skin, it smoothes small wrinkles, it thoroughly moisturizes the skin;
- ✓ Lactic acid – it stimulates production of collagen, it has double moisturizing effect, i.e. it seals the hydro-lipid barrier¹ of the skin thus protecting against the excessive loss of water, and thanks to the ability to store up water, it improves the moisturizing of the skin layers and it positively impacts the elasticity of the skin;
- ✓ Gluconolactone – it stimulates the synthesis of collagen, elastin and the hyaluronic acid.

Before proceeding to each such treatment, a cosmetologist, on the basis of thoroughly conducted interview concerning possible contraindications, chooses the appropriate procedure of the treatment.

To be able to propose optimal solutions to our Guests, as professionals, we are obliged to explain step by step, how beneficial impact on the appearance of the skin its correct exfoliation has.

After the chemical exfoliation treatment, one should primarily strictly observe high photo-protection and apply home care according to the recommendations of the cosmetologist.



Specialist – Cosmetologist
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¹ A hydro-lipid barrier – it is a water-fatty layer on the surface of the skin of specific composition, securing against the excessive loss of fluids and protecting against penetration by micro-organisms inside the body.

