

Published based on [Is A Chemical Peel Safe For All Skin Types?](#)

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There are three types of [chemical peel](#) treatments available, mild, medium and strong. In all three treatments the object is to remove the outer layers of the skin's surface to reveal fresh new skin beneath.

Mild facial peels

Remove just a few layers of skin and are suitable for most skin types. A mild face chemical peel would be suitable for those who have sensitive skin, as they are less likely to cause complications, although there is always a chance that discolouring or scarring will occur. It's always best to consult with your physician before undergoing any facial chemical peel as he will be able to ascertain if there are likely to be any real problems with your skin type.

Medium chemical peels

Are suitable for patients with a normal skin type who are not prone to brown discolouration after injury. A medium chemical peel will help to get rid of some wrinkles and fine lines and will rejuvenate the skin's surface, but there's a greater chance of complications and increased sensitivity to sunlight. These may be fairly minor and show themselves in the form of reddening skin, and a swollen face. However, these symptoms will usually subside after a short while.

There may be a risk of infection, but your physician will provide you with medication in the form of ointments and painkillers to counteract the problem. Whilst the old skin cells are peeling off you may experience a tightness and itching, and your skin will also feel dry. Constant application of sunscreen, and steroid ointment will help in this respect.

The recovery time from a medium [facial peel](#) is roughly ten days, so for those patients who need to return to work as quickly as possible this is probably the best option.

Strong or deep chemical peels

Such as Phenol peels will have a permanent bleaching effect upon the skin, and will take longer for the skin to heal. This treatment peels many layers of skin and the end result is a very pale complexion.

This type of chemical acid peel is not suitable therefore for people with olive or dark skin as it can cause permanent discoloration.

Phenol peels are really only suitable for people with fair skin in the first place, and should not be considered if you are subject to a sensitive skin.

It's important to investigate thoroughly into any of the above [chemical peel](#) treatments in order to ascertain the best one for you.

Next Learn About: [Chemical Peel Skin Care Preparation](#)

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