

Published based on [Tips On Choosing The Best Chemical Peel For You](#)

Tips On Choosing The Best Chemical Peel For You



In order to choose the best [chemical peel](#) it's important to know your skin type. Some guidelines on choosing the right chemical peel for you are set out below, but remember also to consult your doctor who will help you to decide which facial peel is right for you.

Acne prone skin

A chemical peel that contains salicylic acid is recommended for acne sufferers as it kills the bacteria that causes the acne. If you suffer with this problem, a facial peel will remove several layers of skin making way for revitalized skin underneath. It will help to reduce, or even eliminate acne scars and bring back a smooth clear complexion.

Sensitive skin

If you have a sensitive skin, or suffer from a condition known as Rosacea, then a milder chemical peel is recommended. A peel that contains lactic acid is best suited to a sensitive skin and there will be less likelihood of scarring or tissue damage.

Mature skin

For a more mature skin Vitamin C is a great peel as it helps to hydrate and keeps fine lines from being too prominent. Certainly a stronger chemical peel will produce good results on a more mature skin, provided of course your skin is not sensitive.

Chemical peels can give your skin a new lease on life, but caring for your skin every day is also a very important part of retaining a younger, healthier looking you. Neglect is one of the major causes of ageing skin, and it must be emphasized that having a [chemical peel](#) is a waste of time if, in the long run, you do not look after the nourishing and protection of your skin.

Daily cleansing and moisturizing, at least twice a day, will help you to retain a smooth and glowing skin, as will the application of sunscreen and a good healthy diet.

This is the final article in the series on Chemical Peels. I hope you found the information useful. Feel free to leave a comment.

You can also find this article published on [Tips On Choosing The Best Chemical Peel For You](#), and on the tag pages [Chemical Peel](#), [chemical peels](#), [facial peel](#).