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Microdermabrasion vs Chemical Peel



A **microdermabrasion vs chemical peel** treatment is really dependent upon cost, and the condition of your skin.

Microdermabrasion resurfaces the skin using a blast of crystals, zinc or natural salt which removes the top layer of skin cells. A wand is used to carry out the procedure and in the wand itself is an adjacent vacuum which sucks up the used crystals and microscopic pieces of skin that have been knocked loose.

This procedure reveals the fresh skin and in turn stimulates the deeper skin layers encouraging new basal skin cells to be produced.

Microdermabrasion will help to correct superficial imperfections such as mild acne, clogged pores etc. It's a much milder treatment and produces a slight redness of the skin, but will take only a few days to return to normal.

It will be necessary to have approximately 6-12 sessions 2 weeks apart to attain the required result, and maintenance every 2-3 months. The side effects are minimal you can return to work immediately.

Chemical peels are more invasive and will penetrate deeper into the skin layers. There will most certainly be some side effects such as red and swollen face, and dry, flaking and crusting skin. This will depend of course on the chemical peel used, but whether they are mild, medium or strong in intensity, there will be some slight discomfort.

Chemical peels should always be carried out by a qualified doctor, and it may be necessary to have some medication following the treatment.

Microdermabrasion rarely, if ever, causes side effects and can be carried out in a Spa or office.

Chemical peels have a longer lasting effect upon the skin, but require a longer recovery period.

Microdermabrasion vs chemical peel is the patient's personal choice, but the above considerations must be taken into account.

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