

Published based on [Over The Counter Chemical Peels: What You Need To Know About These Peels](#)

Over The Counter Chemical Peels: What You Need To Know About These Peels

[Over the counter chemical peels](#) are easily available versions of the body treatment technique, which are used to lift away the dead upper layers of the skin. They use a chemical solution to achieve skin regeneration – the new skin that replaces the old, where the upper layers is smoother and has less wrinkles.

Otc chemical peels may take longer than a professional peel to have effects, but they are more affordable, and work just as well. They are also easy to use, and can be applied in the comforts of home as opposed to having to visit a dermatologist's office.

Types of over the counter chemical peels

Over the counter chemical peels are light chemical peels that can help in the treatment of wrinkles, dry skin, uneven pigmentation, and acne. Like professional chemical peels, these at home chemical peels use the same types of acids, but in a diluted form. They are still effective, however.

Commonly, alpha hydroxy acids or AHAs and salicylic acids are used, as these organic acids are the mildest of chemical peeling formulas. An example of an AHA-based peel is a glycolic acid-based peel (this uses glycolic acid, a natural fruit acid), which gently penetrates the uppermost layers of skin. A salicylic acid peel, on the other hand, works well on skin oil and acne.

Using over the counter chemical peel products

It is very important that you read and fully understand the instructions when using an [over the counter chemical peel](#) – diluted chemicals can still carry side effects, especially when overexposed to them. This helps you avoid chemical burns, which can scar and discolour skin, making the skin concerns that were to be treated even worse.

When using these at-home peels, it is also wise to check their ingredient list – ideally, they shouldn't contain more than 10% glycolic acid, so it won't be too harsh.

It is recommended to first try a bit of the chemical peel on a patch of skin that is not exposed, to check if there are any adverse reactions. After application, the skin may become sensitive to touch, or irritated, and the skin will probably become red and puffy.

This means that the chemicals in the peel are working, and it is important not to scratch – these side effects fade in a couple of days, revealing new, revitalized skin in the areas where the peel was applied.

Where to buy over the counter chemical peels

[Over the counter chemical peels](#) are effective and non-surgical ways for you to get treatment for your skin conditions, and helps you get better skin. They are also relatively affordable, at around 25 to 40 dollars, compared to the hundreds or even thousands of dollars that deeper professional peels cost.

Those who want to get them can find them at most local drug stores, or purchase them over the Internet. These products are a great alternative to surgical methods of improving your appearance, and are an option consumers should consider.

You can also find this article published on [Over The Counter Chemical Peels: What You Need To Know About These Peels](#), and on the tag pages [at home chemical peels](#), [otc chemical peels](#), [over the counter chemical peel](#), [over the counter chemical peel products](#), [over the counter chemical peels](#), [salicylic acid peel](#), [types of over the counter chemical peels](#), [where to buy over the counter chemical peels](#).