



Anti-Aging Alert

Peel Away The Years For Younger-Looking Skin

(NAPSA)—If you're looking for clear, smooth, glowing skin but don't want to do anything that involves needles and scalpels, your dermatologist may have a solution.

You can get a professional exfoliating peel—a skin-resurfacing, in-office procedure that delivers fresher, younger-looking skin by shedding old skin cells and stimulating the formation of new skin cells. From fine lines to coarse wrinkles, dark patches, acne and redness, whatever your skin care concern, there is an exfoliating peel formulated to meet your specific skin care needs.

“In the world of skin resurfacing, which includes lasers, in-office peels continue to lead the way as the most reliable and economical method to deliver fresher, younger-looking skin,” says dermatologist Chérie M. Ditre, M.D., Associate Professor of Dermatology at the University of Pennsylvania School of Medicine, Penn Medicine at Radnor. During a peel, the patient's face is cleansed to remove any excess oils. That lets the peel solution penetrate more efficiently. Next, the dermatologist applies a customized exfoliating peel. The peel works by breaking the bonds between skin cells, which helps to increase cell turnover for smoother, more radiant skin. After a few minutes, a neutralizing solution is applied, followed by a cooling post-procedure cream and sunscreen.

“My patients keep reminding me that they like peels as a cost-effective, minimally invasive way to get and maintain a healthy, natural and youthful glow,” says Dr. Ditre. To minimize any irritation and discomfort, the Glytone by Enerpeel® Peel Systems slow the particles that break the bonds between skin cells, so they act with more precision. A special



You can peel away the years for smoother, younger-looking skin that mere creams can't provide with the help of your dermatologist.

ingredient, Methyl Sulfonyl Methane, has an anti-inflammatory effect to minimize recovery time.

For the best results with a professional peel, dermatologists recommend:

- Stop all use of retinoids, such as Retin-A and Renova, as well as skin care products with hydroquinone, alpha hydroxy acids and benzoyl peroxide, 10 to 15 days before a peel.

- Maximize the results of any professional peel by following your doctor's post-peel directions, such as limiting sun exposure and waiting at least 12 hours before washing treated areas, and at-home skin care recommendations.

- Avoid waxing, depilatories and laser hair removal the week before and after a peel.

- Use a sunscreen with SPF 30 or higher. Skin is more prone to sunburn and sun damage for several days following a peel.

- Plan to have a series of peel treatments; typically, a series consists of three or four peels spaced at least 10 to 15 days apart. Dermatologists recommend having two or three series a year for optimum benefits.

For more information, go to www.glytone-usa.com.