

## 13 Beauty Treatments That Are Worth the Money

*Sometimes, you initially have to spend a little extra money (or time) to achieve #wokeuplikethis for real*

### Chemical Peels for Glowy Skin

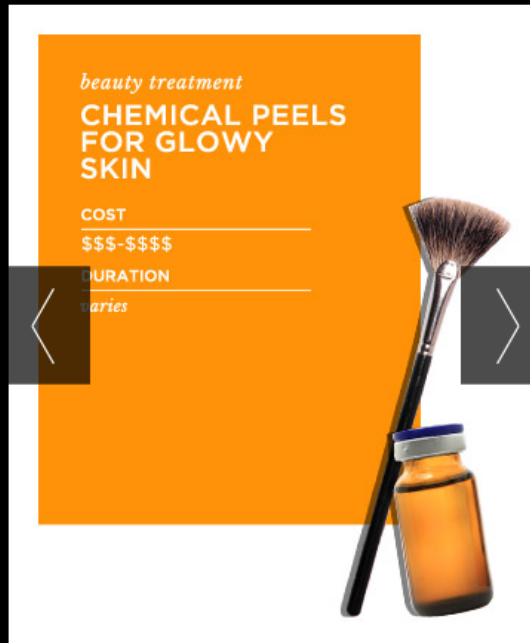
**Cost:** \$250-4,000 per treatment, depending on the depth of the peel

**Who should do it:** Anyone who wants glowier, brighter skin. "Chemical peels are an incredible option for patients looking to see improvement in the skin's texture and tone, fine lines and overall appearance," says Dr. Stafford Broumand, NYC-based Plastic Surgeon and Associate Clinical Professor of Plastic Surgery at The Mount Sinai Hospital. They can also help control acne, reduce dark spots and create a natural, youthful glow.

**Why you should do it:** Facial peels can solve a variety of skin woes, depending on which type you choose. NYC-based Cosmetic Dermatologist, [Dr. Paul Jarrod Frank](#) says to look for peels that use glycolic, salicylic or trichloroacetic acid (TCA).

"Superficial depth peels can be suitable for all skin types," says Dr. Stafford Broumand, NYC-based Plastic Surgeon and Associate Clinical Professor of Plastic Surgery at The Mount Sinai Hospital. "Glycolic or salicylic acid are common active ingredients." These peels will give patients glowing skin, improve its texture and promote collagen growth, he says. Frank adds that these "lunchtime facials" will send you right back to work or play, and are great for pregnant women dealing with acne. He recommends them at three to six week intervals, which will help unclog pores, control breakouts and, if they're done sequentially, even improve fine lines and the overall texture of your skin.

If your skin is sun-damaged, Frank recommends a peel with TCA (this can be used on your body or your face). "This powerful exfoliant, used at lower concentrations, causes just a few days of subtle redness and peeling," he says. "One to two treatments can really change the quality and coloring of your skin."



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For dark spots and fine lines, he says to opt for a medium-depth peel, which combines several exfoliants (including TCA, salicylic acid and acetic acid) that can make a huge difference in your skin in just one treatment. "This peel gives the appearance of a sunburn in which redness and peeling of one week reveals an entire new set of healthy younger skin," he says. (Not to be gross, but kind of like a snake shedding its skin.)

One such peel is the Vi Peel. Santa Monica-based R. Sonia Batra, MD, MSc, MPH of Batra Medical, Surgical and Cosmetic Dermatology, says, "this treatment is a better alternative to lasers in patients with olive-toned or more deeply pigmented skin since it does not pose as much of a risk of hyperpigmentation ... Patients can expect a smoothing effect with increased tightness and decreased appearance of fine lines. Acne scars that are discolored and hyperpigmentation will fade with each peel." For darker discoloration or severe texture issues, she recommends a series of peels, done in one month intervals.

"With chemical peels, I can remove sun-damaged skin and stimulate its healthy re-growth in a controlled fashion," Frank adds. "The resulting exfoliation removes dead cell layers, promotes underlying collagen regeneration to reduce fine lines and evens out the texture and pigment of one's skin."

**Know before you go:** You must be *diligent* about your sun care and moisturizing routine after a peel. "It's very important to hydrate the skin with a moisturizer and use an SPF of at least 30," says Dr. Elizabeth Tanzi, Founder & Director of Capital Laser & Skin Care and Clinical Professor of Dermatology at the George Washington Medical Center. "Chemical peels help the skin glow with health, but also render it slightly more sun sensitive, so be sure to use a good SPF." If you aren't moisturized, it could lead to cracks and possible scarring, says Frank. Broumand also adds that you should avoid anything abrasive, like scrubs, exfoliators or retinols until your skin is healed. Frank cautions that body peels and medium depth peels are usually only suitable for lighter skin.