

Table of Contents

Abbreviations	9
Introduction	10

PART I

CHEMICAL PEELING: THE ESSENCE OF THE TREATMENT

1.1. Clinical effects	13
1.1.1. General indications for chemical peeling: epidermal problems	14
1.1.2. General contraindications	16
1.2. Biological basis	16
1.2.1. Chemical peeling is based on the skin's ability to renew itself	16
1.2.2. Epidermis, the primary target for chemical peels	17
1.2.3. Chemical peeling "inside-out" and "outside-in": what's the difference?	19

PART II

TYPES OF CHEMICAL PEELS

Chapter 1. Keratolytic peels	22
1.1. Features of keratolytic peels	22
1.1.1. Mechanism of action	22
1.1.2. Skin targets for keratolytic agents	23
Skin surface	23
Living layers	24
1.1.3. Features of keratolytic peeling	25
1.2. Trichloroacetic acid	27
1.2.1. Mechanism of action	27
1.2.2. Safety aspects	29
1.2.3. Practical aspects	30

1.2.4. Modified TCA for chemical skin remodeling	32
1.3. Phenol.....	34
1.3.1. Mechanism of action	35
1.3.2. Safety aspects.....	36
1.3.3. Practical aspects	40
1.4. Salicylic acid and lipohydroxy acid (LHA)	41
1.4.1. Mechanism of action and clinical effects	43
1.4.2. Indications and contraindications	44
1.4.3. Practical aspects.....	46
1.5. Resorcinol and Jessner peel	46
1.5.1. Mechanism of action	47
1.5.2. Safety aspects.....	47
1.5.3. Modified Jessner peel	48
Chapter 2. Acid peels	49
2.1. Hydroxy acids: chemical structure and classification	50
2.2. Mechanism of action	51
2.3. α -Hydroxy acids (AHAs).....	56
2.3.1. AHAs for topical application	56
Glycolic acid.....	56
Lactic acid	57
Pyruvic acid	58
Mandelic acid	59
Tartaric acid.....	59
Malic acid.....	60
Citric acid.....	60
2.3.2. Clinical effects	61
Scaling.....	61
Moisturizing.....	61
Soothing.....	62
2.3.3. Features of AHA-containing formulations	62
Combinations of active ingredients	63
Optimal base.....	64
pH of the finished product	65

2.3.4. Indications and practical aspects	65
Skincare routine, age-related changes prevention, and treatment	65
Acne, post-acne	67
Atopic dermatitis	68
<i>Pseudofolliculitis barbae</i>	68
Ichthyosis	69
Keratosis	69
Warts	71
2.3.5. Contraindications and safety	71
2.4. Polyhydroxy acids (PHAs)	73
2.4.1. Lactobionic acid	73
2.4.2. Gluconic acid and gluconolactone	74

Chapter 3. Enzymatic peels **77**

3.1. <i>Stratum corneum</i> 's proteases: types and functions	78
3.1.1. Proteases and antiproteases	79
Serine proteases	80
Aspartate proteases	81
Cysteine proteases	81
Antiproteases	82
3.1.2. Aesthetic treatments affecting the <i>stratum corneum</i> 's protease activity	83
3.2. Prescription features of enzymatic peels	85
3.2.1. Proteases — the main active components of enzymatic peels	85
Plant proteases	85
Proteases of microbial origin	87
Proteases of animal origin	87
Modified natural peptidases	88
3.2.2. How to keep the enzyme active	89
3.2.3. Combining enzymes with other peeling agents in one formulation	90
Enzymes + salicylic acid	90
Enzymes + AHAs	92

3.3. Clinical effects	93
3.4. Practical aspects	95
3.4.1. Indications and contraindications	95
3.4.2. How to perform enzymatic peeling	98
3.4.3. How enzymatic exfoliants are combined with AHA-based peels	99

Chapter 4. Retinol peels.....101

4.1. Retinol and its derivatives: structure, metabolism, mechanism of action	101
4.1.1. Retinol — the first in the series of vitamins	101
4.1.2. Retinol transformations in the body and the cell	103
4.1.3. Synthetic retinoids	108
4.1.4. Plant retinoids	109
4.1.5. How to explain the variety of clinical effects of retinoids	110
4.2. Dermal effects of retinoids	111
4.2.1. Keratinocytes and keratinization of the epidermis	114
4.2.2. Sebocytes and acne	115
4.2.3. Hair follicle cells and hair loss	116
4.2.4. Langerhans cells and skin immunity	117
4.2.5. Melanocytes and skin pigmentation	118
4.2.6. Fibroblasts and wrinkle smoothing	119
4.3. Topical retinoids in cosmetic dermatology and skincare	120
4.3.1. Drugs and cosmetic formulations	121
4.3.2. Adverse effects and contraindications to the use of retinol cosmetics	122
4.4. Prescription features of retinol products	123
4.4.1. Choosing the optimal dose	123
4.4.2. How to keep retinol active	124
4.4.3. Combination with other active substances	126
4.5. Peculiarities of retinol peeling "within-out"	127
4.6. Practical aspects	128

PART III
GENERAL PRINCIPLES OF CHEMICAL PEELING

1.1. Choice of peel formulation	132
1.2. Pre-peeling	136
1.3. Peeling procedure	138
1.3.1. Skin cleansing	138
1.3.2. During the procedure	139
1.4. Post-treatment rehabilitation	140
1.4.1. Calming agents and inflammation	141
1.4.2. Occlusive agents and barrier function	143
1.4.3. UV filters and sun protection	143
1.5. Influence of nutrition on the clinical effect of chemical peeling	145
1.5.1. Pre-peeling preparation	145
1.5.2. Rehabilitation	146

PART IV
INSTRUMENTAL ASSESSMENT OF SKIN CONDITION AND
AFTER-PEELING SUPPORT OF BARRIER FUNCTION

1.1. Symptoms of skin damage after chemical peeling	148
1.2. Post-peeling dryness: causes, assessment, treatment	150
1.2.1. Desquamation	153
1.2.2. Transepidermal water loss	154
1.2.3. Sebum	155
1.2.4. Hydration	158
1.3. Comprehensive approach to the assessment and treatment of dryness	159
References	161