

THE 60-SECOND PARENT



Q "My 17-year-old daughter keeps pleading with me to let her get a peel for her acne scars. She no longer has acne, but how safe and effective are peels?"

Marissa, Encinitas

A "If your teenager has mild scarring, I'd suggest a micro dermabrasion. This type of peel works by 'sanding' off very fine layers of skin. Micro dermabrasions are virtually painless, but can take several sessions before your teenager sees a distinct difference in skin tone or complete removal of deep scar coloring.

Micro dermabrasion is proven to eliminate mild scarring. If your teen's acne scars are severe, and your dermatologist agrees, chemical peels or laser resurfacing may be the best option.

Chemicals peels and lasers act much deeper in the skin to remove scarring. Alphahydroxy acids (AHAs), such as lactic or fruit acids, are the mildest of the peel ingredients and will likely be suggested to your teen to start with. Keep in mind that some healthcare insurance plans cover peels, so look into yours to see if you can take advantage of the offering."

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If you have a question that you'd like answered, email us at family@sandiegofamily.com.