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# The art of skin rejuvenation

Our facial skin is a magnificent organ being thick enough to protect our face from a lifetime of sun, wind and rain while in the meanwhile being flexible and delicate enough to express emotions and mimics in the unique way only a human being is able to do. After having undergone the changes of many seasons and the sum of emotions of a full life our skin starts to show the inevitable signs of ageing: Wrinkles, age spots, a thinning of the skin and an overall loss of elasticity.

Not long ago, any correction of these ageing effects was only accessible by more or less invasive plastic surgery procedures. But since a couple of years new treatments called Peelings are available which consist of a chemical or mechanical removal of the upper layers of the skin (Epidermis) followed by an assisted healing phase which allows for a regeneration of a new, immaculate skin.

## It is very important to know that the exfoliative effect of a chemical peeling only is responsible for a part

of its results, while the other part is the effects in the deeper layer of the skin (Dermis), where a deep chemical peel induces a hypertrophy and a retraction of the elastic fibres which results in the remarkable lifting effect of such a deep chemical peeling. Furthermore this lifting effect can be as well achieved in zones which are difficult to treat with classical surgical face lifting procedures (e.g. the area around the mouth and the lower eye lid area).

There are other peelings available which are targeted only on the exfoliative effect, that means they provide only the removal of old skin cells to enhance the appearance of the skin but have no lifting effect which can remove deeper creases and wrinkles. These superficial or medial depth peelings are for example the Fruit Acids peelings or the glycolic acid peelings which can not be considered as an alternative for surgical lifting procedures.

#### An alternative to deep chemical peeling is the EXOmask which is only available at a few selected centres

**in Europe.** Based on a special chemical formula which has been developed over 30 years through extensive testing on human tissue samples in the laboratory, EXOmask provides a deep lifting effect on the dermis without any destruction of the underlying pigment cells (Melanocytes), which are responsible for the skin colour and the natural sun protection through the tanning effect. Most of the other deep peelings currently available have an immanent risk of permanent depigmentation of the treated area, which results in an unsatisfying skin colour and the mandatory use of permanent sun protection.

#### The EXOmask treatment is carried out in only one session, mostly as an out-patient procedure, under local

anaesthesia and in some case including a light sedation. After the peeling lotion has been applied, an elastic silicone mask seals the face for 24 hours allowing the solution to penetrate into the deeper part of the skin. This process is painless, the patient can in most cases go home with the mask and sleep normally. After 24 h the mask is removed and a special powder is applied on the skin. This powder enhances the regeneration process and serves as a dressing for 7 days until the new skin has grown completely.

### After 7 days the results are instan-

**taneous,** the patient has a smooth and spotless skin and the lifting effect through the skin retraction is completed. Due to the ongoing regeneration process of the deep elastic fibres the new skin is widely vascularized and therefore shows a redness which will slowly fade during the next 8-10 weeks but can be covered up completely with make up.

In conclusion the EXOmask peeling is an attractive alternative for patients who have an overall ageing of the facial skin and want effective facial rejuvenation without undergoing classical surgery procedures.



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