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Biography

Bharti Magoo, studied Medicine at Mumbai University, India and graduated in 1977. She studied different aspects of Aesthetic Medicine all over the world. She has since continued her private practice at Golden Touch Clinic and started presenting her cases world over since 2013. Apart from being regularly published, she has gained global recognition for her consecutive 1st place win in 2013 and 2014, and place as finalist in 2015 for The Anti-aging and Beauty Trophy in Best Clinical Case at the Aesthetic & Anti-Aging Medicine World Congress (AMWC) organized by Euro Medi Com in Paris, France.

Advances In Chemical Peeling: Selection, Formulation, And Clinical Applications

Abstract:

Chemical peeling is a well-established dermatological and aesthetic procedure aimed at improving skin texture, tone, and overall appearance through controlled chemical exfoliation and regeneration. This paper reviews recent advances in chemical peeling with emphasis on peel selection, formulation, depth of action, and clinical applications. Chemical peels are broadly classified into superficial, medium, and deep peels based on the depth of skin penetration and acid strength, each serving distinct therapeutic and cosmetic indications. Superficial peels primarily target epidermal renewal with minimal downtime, while medium peels address conditions such as acne scars, pigmentation, and photoaging by penetrating the papillary dermis. Deep peels reach the reticular dermis and are reserved for advanced rejuvenation, deep scars, and resistant pigmentation, requiring expert application and strict pre- and post-procedure care. The paper further discusses gel-based versus solution-based peels, highlighting their formulation characteristics, active ingredients, and suitability for different skin types and clinical conditions. Customized peel formulations for specific indications—including acne, melasma, anti-aging, body areas, and sensitive regions—are presented along with contraindications, potential side effects, and preventive strategies to minimize complications. The role of chemical peels as a versatile and powerful tool in modern aesthetic practice is emphasized, particularly when combined with adjunctive treatments such as lasers, microneedling, and injectables. Proper patient selection, formulation choice, and procedural expertise remain critical for achieving optimal safety and clinical outcomes.