

Jumpstarting Treatment

Using a clay-based mask as an effective treatment starting point for our patients with melasma, acne and photodamaged skin.

BY JOEL SCHLESSINGER, M.D.*

In my practice, we've been using a unique, new cosmeceutical procedure that has helped us a great deal in treating patients who have melasma, acne and photodamaged skin. I use this procedure in conjunction with typical treatments for these conditions.

The Clay-Peel masque integrates amino fruit acids (AFAs). These agents are specially treated amino acids derived from filaggrin, the main moisture retention mechanism of human skin, and they're the main active ingredients of the masque. The esthetician in my practice administers this procedure, which takes about 30 minutes to perform.

Typically, my patients undergo treatment every 2 to 3 weeks for a series of six peels. I've treated many of my patients who have melasma with this procedure. About 50% of my melasma patients undergo these peels at one point or another in their treatment regimen. The results of these procedures may last up to 4 to 6 months. When considering the cost of this treatment regimen, it's comparable to microdermabrasion or light peel procedures and much less expensive than laser treatments.

This article will detail the reasons to consider adding this procedure to your practice and the ease with which you can accomplish this.

HISTORY OF THE PROCEDURE

In the 1990s, glycolic and other alpha hydroxy acids became popular and were incorporated into many dermatology and cosmetic surgery practices. Benefits to patients included the ability to reduce

**Dr. Schlessinger has no financial interest in the Clay-Peel.*