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Beauty blog

To peel or not to peel?



A new face in two weeks? CLEO beauty editor Rachael Mannell (bravely) road-tests a six-layer facial peel to see if it lives up to its hype.

Five years ago, I had my first Danné Montague-King (DMK) facial. I'd had countless treatments over the years, but this one stood out. It was called the Mother of the Bride facial and it ended up giving my skin a tighter, more toned appearance. The difference was dramatic to say the least.

Back then, I'd seen amazing "before and after" shots of their famed Pro Alpha Six-layer Peel, but didn't think I needed it yet. Now, after years of deliberating, I've finally decided to give it a go. Working as a beauty editor, I've found professional peels are one of the best ways to reverse the signs of ageing – without going under the knife, of course.

To guide you through it all, here's my diary of the 15-day peel process.

Day 1: It's the night of the peel and I'm nervous. Even though I've seen the results firsthand, I'm worried something will go wrong. A friend drives me to the clinic for moral support, and surprises me with a parcel of homemade pies and an olive tart – in case I'm too traumatised to cook.

Once in the treatment room, the technician cleanses my skin and takes photographs, so I can compare skin quality after the session. She then hands me a little fan, so I can cool my skin during the treatment. The first layer of the Pro Alpha solution is applied – it stings (okay, burns), but I can handle it. She adds the next layer. It burns a bit more, so I turn on the fan, which provides some relief. I wait for more

layers, but, apparently, that's it. Tonight, I experience intense waves of pain.

Day 2: I wake up feeling fine. I cleanse in the shower and apply a concoction of prescribed creams. My skin looks red and feels tight, but I cover most of it with mineral make-up. I head to work. By 3pm, my skin feels very tight, and I'm a little anxious about having more layers put on this evening.

The technician cleanses and applies additional Pro Alpha solution. It hurts more the second time around, so I turn the fan on high. It's not unbearable, but, I won't lie, it hurts. When I arrive home, there are flowers, chocolates and a card from my BF (who I won't allow to see me during the peel phase).

Day 3: There's some peeling around the nose and mouth. I'm glad I don't have to work today; I can hide indoors. I'm too embarrassed to see my friends.

Day 4: I'm peeling all over my face and it looks horrific. Plus, small pimples start to appear on my chin and forehead (lovely). The technician explains it's trapped oil coming to the surface, and that they're not pimples as there's no infection. She gives me

an enzyme facial, which is meant to help the healing process. The dead skin falling off my face is removed, but I still look a little red.

Days 5, 6 and 7: My skin continues to peel and, soon, half my face has peeled off revealing smooth, slightly pink skin without freckles. Looking good!

Day 8: It's time for my Lift Off treatment (enzyme therapy followed by a Transdermal Nutrition Treatment). It's pretty successful. There's only a small amount of old skin left around my forehead, eyes and hairline.

Day 10: Thanks to my cleansing routine, any "old" skin has now gone, and I'm ready for my final treatment. The technician tells me it normally takes three weeks to see benefits, but a quick glance in the mirror tells me I won't need to wait that long.

Day 15: My skin is completely smooth. Pores are more refined, and wrinkles have softened. The treatment has normalised the oil flow, so I have less shine on my forehead. This means I don't need to powder

or reapply make-up during the day. The smoothness of my skin means I can skip foundation and use a little concealer instead. Did it turn back the clock? Well, I definitely look younger, so mission accomplished!





The lowdown

■ **The DMK Pro Alpha**

Six-layer Peel involves:

Application of Pro Alpha layers over two days; two Enzyme Therapy Treatments; and two Transdermal Nutrition Infusion Treatments.

■ **Preparation products:** Retosin (applied every night for a week prior to the six-layer peel); DMK efa+ (to help skin heal during the treatment); and Transdermal Sunblock (to protect skin from UV damage).

■ **Post-peel products:** Acu Crème; Deep Pore Cleanser; Transdermal Sunblock; Herb & Mineral Mist; and your choice of Direct Delivery Vitamin C Serum or Beta Gel Serum.

■ **Cost (including products):**

Face, from \$1,200; face and neck, from \$1,400; face, neck and décolletage, from \$1,600.

For your nearest DMK clinic, call 1300 007 546 or visit dannemking.com