

# does the ordinary peeling solution help acne scars

Does the Ordinary Peeling Solution Help Acne Scars? Exploring Its Effects and Benefits

**does the ordinary peeling solution help acne scars** is a question many skincare enthusiasts and those struggling with post-acne marks often ask. Acne scars can be stubborn reminders of past breakouts, and finding effective treatments to fade or eliminate them is a common goal. The Ordinary Peeling Solution, formally known as The Ordinary AHA 30% + BHA 2% Peeling Solution, has gained significant attention in the beauty community for its exfoliating properties. But how well does it actually work for acne scars? Let's dive deep into understanding this product, its ingredients, and its potential impact on acne scars.

## Understanding The Ordinary Peeling Solution

Before discussing whether the peeling solution helps with acne scars, it's important to understand what this product is and how it works. The Ordinary Peeling Solution is a chemical exfoliant that combines alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs). Specifically, it contains 30% AHAs and 2% BHAs, which work together to exfoliate dead skin cells and promote skin cell turnover.

### What Are AHAs and BHAs?

- **Alpha Hydroxy Acids (AHAs):** These are water-soluble acids derived from fruits and milk. AHAs, such as glycolic acid and lactic acid, primarily work on the skin's surface to exfoliate dead skin cells, revealing fresher skin underneath. They also promote collagen production, which is essential for skin repair and can help improve texture and tone.

- **Beta Hydroxy Acids (BHAs):** Salicylic acid is the most common BHA. Unlike AHAs, BHAs are oil-soluble, allowing them to penetrate into pores and exfoliate inside the pore lining. This makes BHAs particularly effective for treating acne and preventing clogged pores.

Together, these acids provide a potent exfoliating effect, which can address uneven skin texture, dullness, and clogged pores.

## How Acne Scars Form and Why They Are Difficult to Treat

To understand if The Ordinary Peeling Solution can help acne scars, it's crucial to comprehend the nature of acne scars themselves. Acne scars develop when inflamed acne lesions damage the skin and underlying tissue. There are different types of acne scars:

- **\*\*Atrophic scars:\*\*** These are depressed scars caused by tissue loss, such as ice pick, boxcar, and rolling scars.
- **\*\*Hypertrophic scars:\*\*** Raised scars due to excess collagen production.
- **\*\*Post-inflammatory hyperpigmentation (PIH):\*\*** Dark spots left behind after acne heals, not true scars but discolorations.

Treating these scars requires different approaches. While some scars can be minimized with topical treatments, deeper scars often need more intensive procedures like microneedling or laser therapy.

## **Does The Ordinary Peeling Solution Help Acne Scars?**

The big question – does the ordinary peeling solution help acne scars? The answer is nuanced and depends on the type of scars and the regularity of use.

### **Effect on Post-Inflammatory Hyperpigmentation (PIH)**

One of the most common "scars" people hope to fade are dark spots left after acne. The Ordinary Peeling Solution is quite effective in this area. AHAs promote exfoliation of the upper skin layers, which helps speed up the fading of pigmentation. Meanwhile, salicylic acid (BHA) reduces inflammation and unclogs pores, preventing future breakouts that could cause more discoloration.

Users often report noticeable improvement in skin brightness and reduction in dark spots after consistent use over weeks. This makes it a popular choice for targeting acne-related pigmentation.

### **Impact on Atrophic Acne Scars**

When it comes to deeper scars like ice pick or boxcar scars, the peeling solution's effect is more limited. While AHAs can stimulate collagen production, which theoretically helps improve skin texture over time, a 10-minute weekly peel may not be enough to significantly smooth out deep scars. However, it can improve overall skin texture and make scars less noticeable.

### **Preventing New Scars by Managing Acne**

Since the peeling solution helps clear out pores and reduce acne-causing bacteria, it can indirectly reduce the formation of new acne scars by preventing breakouts in the first place. This preventive role is significant because consistent acne management is the best way to minimize scarring.

## **How to Use The Ordinary Peeling Solution Safely**

## for Acne Scars

Using The Ordinary Peeling Solution correctly is essential to reap its benefits and avoid irritation.

### Step-by-Step Usage Guide

1. **Cleanse your face thoroughly:** Remove all makeup and dirt.
2. **Apply a few drops of the peeling solution:** Use a cotton pad or fingertips, avoiding eyes and lips.
3. **Leave on for no more than 10 minutes:** This is critical to prevent over-exfoliation and sensitivity.
4. **Rinse off with lukewarm water:** Make sure to remove all residue.
5. **Follow up with a hydrating serum or moisturizer:** To restore moisture and soothe the skin.
6. **Apply sunscreen during the day:** AHAs and BHAs increase sun sensitivity, so daily sun protection is a must.

### Frequency of Use

The Ordinary recommends using the peeling solution no more than twice per week. Overuse can lead to redness, peeling, or irritation, which can worsen acne scars in some cases.

### Complementary Skincare Tips to Maximize Results

While The Ordinary Peeling Solution can be a powerful tool, combining it with other skincare practices can enhance results for acne scars.

- **Daily Sunscreen:** Protecting your skin from UV damage prevents darkening of scars and promotes healing.
- **Incorporate Vitamin C Serum:** Vitamin C brightens skin and supports collagen synthesis, complementing the effects of chemical exfoliants.
- **Moisturize Consistently:** Hydrated skin heals better and looks plumper, reducing scar visibility.
- **Avoid Harsh Physical Exfoliation:** Chemical exfoliants like The Ordinary Peeling Solution are often gentler and more effective than scrubs.
- **Consult a Dermatologist:** For persistent or severe scarring, professional treatments might be necessary.

### Realistic Expectations and Patience

While many users see improvements in skin clarity and texture with The Ordinary Peeling Solution, it's important to set realistic expectations. Acne scars, especially deep or old ones, do not disappear overnight. Consistent use over several weeks or months is typically required to notice meaningful changes.

Moreover, individual skin types respond differently to chemical exfoliants. Some people may experience irritation or sensitivity, which could temporarily worsen the appearance of scars. Starting slowly and monitoring your skin's reaction is key.

## **Final Thoughts on Does The Ordinary Peeling Solution Help Acne Scars**

The Ordinary Peeling Solution is a highly effective chemical exfoliant that can play a valuable role in improving acne scars, particularly post-inflammatory hyperpigmentation and mild textural irregularities. Its blend of AHAs and BHAs helps speed up skin renewal, fade dark spots, and clear pores, which may prevent future scarring.

However, for deeper or more severe acne scars, it is best viewed as one part of a comprehensive skincare routine rather than a miracle cure. Combining it with sun protection, hydration, and possibly professional treatments can lead to the best outcomes.

If you're considering adding The Ordinary Peeling Solution to your regimen, start slowly, follow usage instructions carefully, and listen to your skin. With patience and consistent care, it can be an effective ally in your journey to smoother, clearer skin.

## **Frequently Asked Questions**

### **Does The Ordinary Peeling Solution help reduce acne scars?**

The Ordinary Peeling Solution contains AHAs and BHAs which can help exfoliate the skin and promote cell turnover, potentially improving the appearance of acne scars over time with consistent use.

### **How often should I use The Ordinary Peeling Solution for acne scars?**

It is generally recommended to use The Ordinary Peeling Solution no more than twice a week to avoid irritation, allowing the acids to gently exfoliate and improve skin texture, which may help fade acne scars gradually.

### **Is The Ordinary Peeling Solution safe for sensitive or acne-prone skin?**

The peeling solution can be effective for acne-prone skin, but those with sensitive skin should perform a patch test first and introduce it slowly, as

it contains strong acids that may cause irritation or redness.

## **How long does it take to see results on acne scars using The Ordinary Peeling Solution?**

Visible improvements in acne scars may take several weeks to a few months of regular use, as skin cell turnover and collagen remodeling are gradual processes enhanced by the peeling solution's exfoliating action.

## **Can The Ordinary Peeling Solution be combined with other acne treatments?**

Yes, but with caution. It is best to avoid using it simultaneously with other strong exfoliants or retinoids to prevent over-exfoliation and irritation. Consulting a dermatologist for personalized advice is recommended.

## **Additional Resources**

**\*\*Does The Ordinary Peeling Solution Help Acne Scars? An In-Depth Review\*\***

**does the ordinary peeling solution help acne scars** is a question that has piqued the interest of skincare enthusiasts, dermatologists, and consumers alike. The Ordinary's AHA 30% + BHA 2% Peeling Solution has garnered significant attention for its promise to improve skin texture and clarity, but can it truly assist in fading acne scars? This article delves into the science behind the product, its active ingredients, user experiences, and how it compares to other treatments designed to combat acne scarring.

## **Understanding Acne Scars and Their Treatment Challenges**

Acne scars are the residual marks left after inflammatory acne lesions heal. They can manifest as depressed indentations (atrophic scars), raised tissue (hypertrophic scars), or discoloration (post-inflammatory hyperpigmentation). Treating acne scars is notoriously complex because it involves skin regeneration, collagen remodeling, and sometimes pigment correction.

Traditional treatments range from topical retinoids and chemical peels to laser therapy and microneedling. Consumers often seek over-the-counter solutions like peeling acids for their accessibility and affordability. In this context, The Ordinary Peeling Solution stands out due to its high concentration of alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs), which are known for their exfoliating properties.

## **The Ordinary Peeling Solution: Composition and Mechanism**

The product contains a potent blend of 30% AHAs—glycolic, lactic, tartaric, and citric acids—and 2% BHA, specifically salicylic acid. AHAs primarily work

on the skin's surface, promoting exfoliation of dead skin cells and stimulating collagen production. BHA, being oil-soluble, penetrates deeper into pores, helping to clear congestion and reduce inflammation.

This dual-action formulation aims to accelerate cell turnover and unclog pores, which can theoretically improve the appearance of acne scars, especially those caused by post-inflammatory hyperpigmentation and mild textural irregularities.

## How The Ordinary Peeling Solution Targets Acne Scars

- **Exfoliation and Skin Renewal:** By removing the outer layer of dead skin, AHAs encourage new, healthier skin to emerge. This process can lighten dark spots and smooth minor surface scars.
- **Collagen Stimulation:** Some studies suggest that chemical exfoliants like glycolic acid can stimulate collagen synthesis, potentially improving mild atrophic scars over time.
- **Anti-Inflammatory Effects:** Salicylic acid reduces inflammation and helps prevent future breakouts, indirectly minimizing the risk of new scars forming.

## Evaluating Effectiveness: What Does Research Say?

While The Ordinary Peeling Solution has not been the subject of extensive clinical trials specifically targeting acne scars, the efficacy of its individual components is well-documented. For example, a 2019 review in the *\*Journal of Clinical and Aesthetic Dermatology\** reported that chemical peels containing glycolic and salicylic acids showed significant improvements in post-inflammatory hyperpigmentation and mild acne scarring.

However, it's important to note that high-concentration peels like The Ordinary's require cautious use. Overuse or incorrect application can lead to skin irritation, increased sensitivity, or even worsening of pigmentation issues.

## User Experience and Real-World Outcomes

The Ordinary Peeling Solution has a large base of user testimonials, with many praising its ability to brighten the complexion and reduce the visibility of dark spots. Some users have reported improvements in skin texture and a noticeable fading of superficial acne scars within a few weeks of consistent use.

On the other hand, some individuals with sensitive skin have experienced redness, peeling, and irritation. These side effects can temporarily exacerbate the appearance of scars if the skin barrier is compromised.

# Comparing The Ordinary Peeling Solution with Other Acne Scar Treatments

## Chemical Peels vs. Physical Treatments

- **Chemical Peels:** Products like The Ordinary Peeling Solution offer a less invasive, cost-effective alternative to professional peels. They provide gradual improvement but may not address deep or severe scarring.
- **Laser Therapy:** Laser treatments can target deeper layers of skin and stimulate collagen more effectively but are more expensive and require professional administration.
- **Microneedling:** This procedure creates micro-injuries to encourage collagen production and is often combined with topical treatments for enhanced results.

## How Does The Ordinary Stack Up?

- **Accessibility and Price:** The Ordinary is affordable and easily available, making it appealing for at-home use.
- **Potency:** The high concentration of acids is comparable to professional peels but demands careful adherence to instructions.
- **Limitations:** It may be less effective on deep scars or severe discoloration compared to in-office treatments.

## Guidelines for Incorporating The Ordinary Peeling Solution Into Acne Scar Regimens

For those considering this product as part of their acne scar treatment, the following points are crucial:

- Use only once or twice a week to avoid over-exfoliation.
- Perform a patch test before full-face application to check for sensitivity.
- Apply sunscreen rigorously, as AHAs and BHAs increase photosensitivity.
- Avoid combining with other strong actives like retinoids or vitamin C on peeling nights.
- Maintain a consistent skincare routine to support skin barrier health.

## Potential Risks and Side Effects

Improper use can lead to:

- Increased irritation and redness
- Dryness and peeling beyond the intended effect
- Hyperpigmentation, especially in darker skin tones if sun protection is inadequate

Therefore, consulting with a dermatologist prior to incorporating such potent acids is advisable, especially for individuals with sensitive or compromised skin.

## **The Role of The Ordinary Peeling Solution in a Broader Acne Scar Strategy**

While The Ordinary Peeling Solution can be a valuable tool for addressing mild acne scars and uneven skin tone, it is seldom a standalone cure. Acne scarring often requires a multifaceted approach, including lifestyle adjustments, consistent sun protection, and possibly adjunctive therapies.

Combining chemical exfoliation with other treatments such as topical retinoids, hydrating serums, and professional procedures can yield more comprehensive improvements. Moreover, patience is key; visible changes in acne scars typically emerge over several months of diligent care.

The question of **does the ordinary peeling solution help acne scars** does not have a simple yes or no answer. Its benefits are undeniable for certain scar types and skin conditions, but effectiveness varies widely among individuals. As with any active skincare product, informed use and realistic expectations are imperative to achieving the best possible results.

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scars, facial melanoses, and periocular peels. This comprehensive atlas includes more than 170 clinical images and tables, as well as a DVD demonstrating procedures. Key points Fully revised, second edition providing step by step guide to chemical peels Includes case studies and 'ten golden rules for perfect peeling' Includes DVD demonstrating procedures Previous edition published in 2010

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