

Jet peel - tried and tested

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Jet Peel 3 system

When I was asked to try the new Doctor Duve facial peel using Jet Peel 3 system at the Glow Urban Spa I was enthusiastic.

As I recently discovered a chemical peel can do marvellous things for your skin. It can even out the tone, address melasma, spots and acne - it's a fabulous thing indeed.

But at the end of the day, there's no getting away from the fact that it is basically chemically burning the skin from your face.

The new Jet Peel 3 System is a fairly new system imported from Asian spas that peels the face using highly pressurized water rather than chemicals.

It's like an airbrush that scuffs away the dead cells and can also be used to push product deep into the superficial layers of the skin, up to 0.8mm.

Although the Jet Peel sounds like a pressure hose, it's extremely thin nozzle delivers such a thin stream of water that it can be concentrated to work on very specific areas, lines, wrinkles and spots.

With repeated strokes the therapist can use the jet of water to carefully "peel" the skin and prepare it for secondary treatments such as masks or a deeper chemical peel.

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What does a Jet peel feel like?

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The Glow Urban Spa in London SW1 is a lovely little oasis on the lovely Pimlico Road.

I was taken through to a clean, relaxing waiting area, where I helped myself to the jug of Iced cucumber water and a recent copy of Tatler. I love this bit of any spa treatment!

My therapist took me through to the treatment room and tucked me up on the bed under a warm blanket and some towel. You don't need to take anything off for the Jet Peel, unless you're wearing a high necked top.

To begin she assessed my face with a critical eye and decided my skin required an ant-ageing and clarifying treatment. With that she cleansed my face using some lovely smelling Doctor Duve Calming & Hydrating Cleansing Milk and commenced the first stage of the peel.

Using what looked like a white pen with a colostomy bag attached she began spraying me with the Jet and it was cold!

The most surprising thing about this treatment is the cool factor. The micro-jets of water sprayed at you feel a bit like concentrated bursts of sea-breeze.

I imagine it would be refreshing on a hot summer's day or if say, you lived in Asia (where this sort of peel is most popular), but in February in South West London it's a bit of a shock.

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Does a Jet peel hurt?

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The first spray from the jet peel is for lymphatic drainage and is conducted quite far from the face and is only gently exfoliating.

The second wave is to start peeling and preparing the skin so it's closer and more intense. This strong exfoliation increases the benefits of any subsequent product used on your skin.

The therapist carefully sprayed my entire face, working in long sweeping lines and controlled bursts on "problem areas": a blackhead here, a fine like there.

It's most common relative would be microdermabrasion but unlike that treatment the Jet Peel can be used around more delicate areas such as the eyes.

"It would cut you, if you kept it still though" my therapist reassures me. I feel less than reassured. I'm now flinching as she stays a little longer around the corners of my mouth.

She tells me that to get really good results you have to make the tiny areas where wrinkles are found bleed... over and over again. This seems extreme to me, but then again, it's probably no worse than putting acid on your face.

The jet peel doesn't hurt exactly, I wouldn't even call it uncomfortable. But it's not relaxing. After the first wave of jet peeling is over you feel quite shocked, but like something beneficial has been done.

I'd liken it to a cold shower after a sauna, or throwing yourself into the sea for the first time: slightly shocking and exhilarating.

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The Jet Peel 3 system for product application

After the cleansing and peeling is out of the way my therapist began to use the Jet Peel 3 system to force feed my skin some more luscious smelling Doctor Duve products.

She identified my skin's need for clarifying and using the new anti-ageing range she used the jet to apply the product deep into my skin. Again this doesn't hurt at all - it's the same functional necessity splashing your face with cool water.

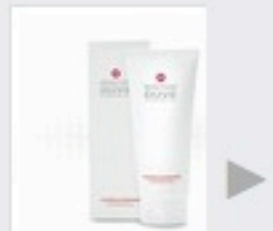
Naturally if you spray your face with extreme jets of water eventually it'll react, so to calm it down, an incredible fleece mask is applied. It's made from freeze-dried collagen which laid over my newly peeled face and left on for 15minutes to absorb.

My hands, which were also jet peeled, were slathered in wonderful Lifting & Firming Hand & Decollete Cream, popped into plastic bags and covered with warm mitts and finally a heated glove set.

With my eyes and mouth covered in collagen bandages and my hands encased in enormous heated mitts, I felt a bit vulnerable and ridiculous. On the plus side I could almost feel the product seeping into my skin and hydrating it as I lay there in the dark.

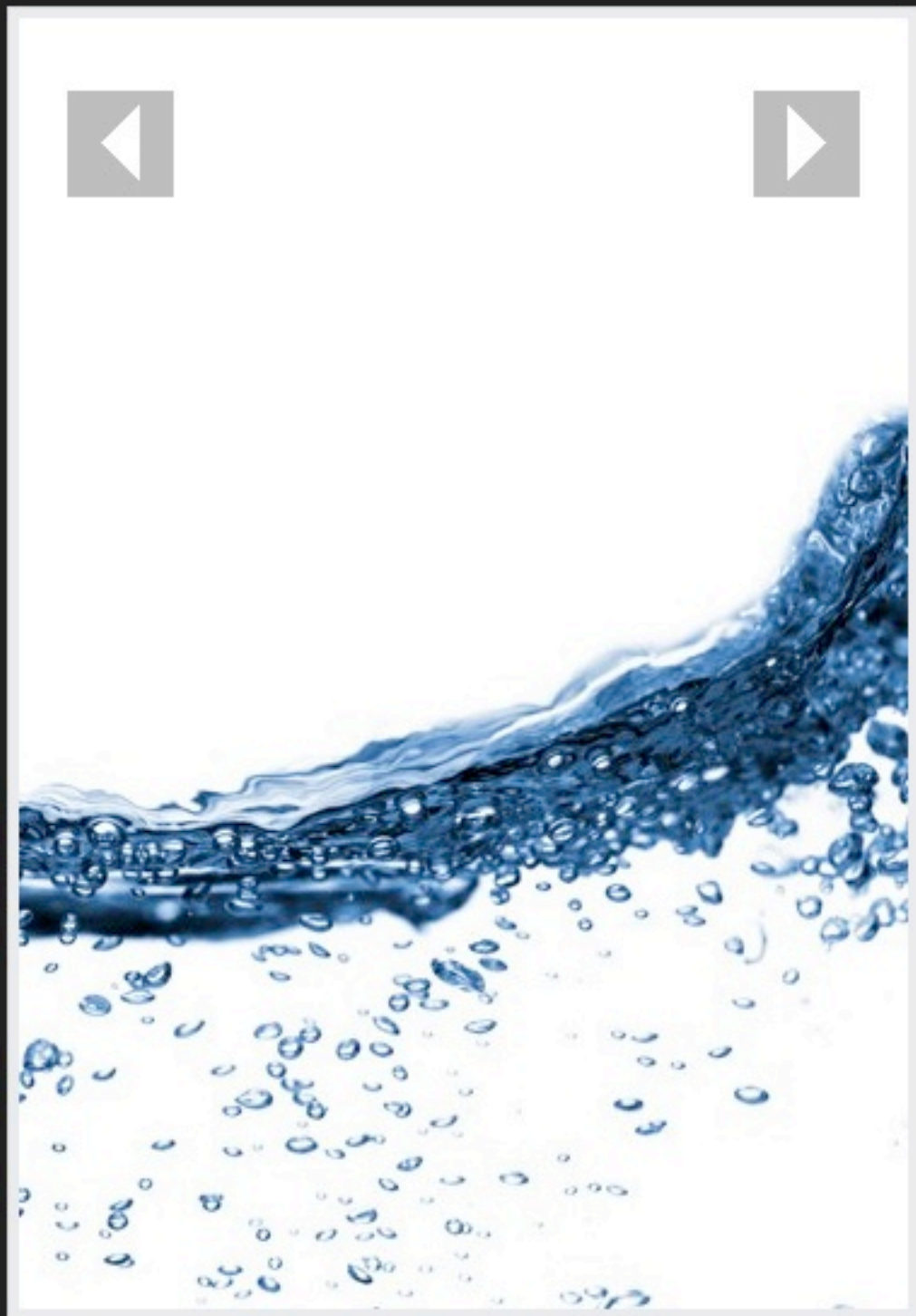
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Doctor Duve Skin Care Products

After my mask was removed and the excess product wiped away, I felt my skin: smooth as a baby's bottom! With a few extractions and a final dab of Doctor Duve Anti-Ageing and Clarifying Face Cream, my face had been woken up, refreshed and toned to perfection.

I wasn't much to look at but my skin did seem bright and so much softer.

What I love about Doctor Duve's new product range is that it's addressing a problem no other product on the market does. It treats mature skin but above that it treats problem and sensitive mature skin.

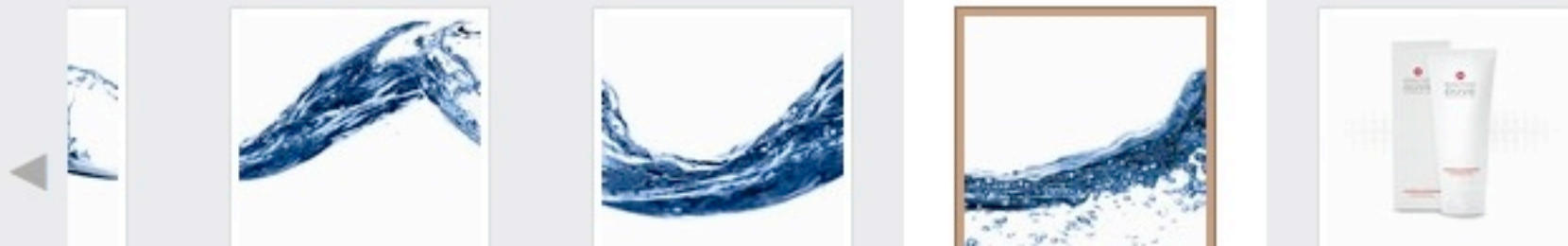
If your skin is ageing and need extra hydration an anti-ageing product will give you that extra moisture boost, but in doing so could further aggravate any spots or problem areas.

But if you use products for acne treatments then your skin will dry out making the lines and wrinkles even more apparent.

Doctor Duve's background is in medical skin care but his research has led him to develop futuristic products and treatments that really work, and really address the everyday skin requirements.

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Doctor Duve future skin care

Doctor Duve Medical Skin Care is a range of high-tech products created by dermatologist Dr. med. Stefan Duve from Germany.

Dr. Stefan Duve specialises in skin rejuvenation and wrinkle treatment and is much revered as a beauty expert in Germany counting many high profile celebrities as devotees.

His latest skin care product range launched in 2009 and has finally made it to the UK.

The Doctor Duve medical skin care range uses *Growth Factors* throughout the range. These are biotechnological plant-based syntheses of the natural growth factors that are only produced in the body up until adulthood.

Growth Factors stimulate the body's metabolism, boost collagen production and revitalise cells thus slowing down skin ageing, firming the connective tissues and keeping the skin beautifully smooth.

The product range is formulated for both men and women and are suitable for sensitive and demanding skin types.

Doctor Duve's products are already a huge hit in his native Germany and are set to be just as successful in France and in the UK.

Try Doctor Duve treatments and products exclusively at the [Glow Urban Spas](#) ↗.

The [Doctor Duve online store](#) will open later in 2011.