

why does the ordinary peeling solution burn

why does the ordinary peeling solution burn is a common question among skincare enthusiasts and users of The Ordinary's popular chemical exfoliant. This sensation can be alarming, but it often stems from the active ingredients and the skin's reaction to them. The Ordinary Peeling Solution contains acids designed to exfoliate the skin deeply, which can cause a burning feeling, especially for sensitive or compromised skin. Understanding the causes behind this burning sensation can help users manage their skincare routine safely and effectively. This article explores the composition of The Ordinary Peeling Solution, factors contributing to the burning effect, how to minimize discomfort, and when to seek medical advice. The following sections will guide readers through the reasons why the peeling solution burns and best practices for its use.

- Understanding the Ingredients in The Ordinary Peeling Solution
- Why The Ordinary Peeling Solution Causes a Burning Sensation
- Factors That Increase Burning or Irritation
- How to Safely Use The Ordinary Peeling Solution
- When to Stop Using the Peeling Solution and Consult a Professional

Understanding the Ingredients in The Ordinary Peeling Solution

The Ordinary Peeling Solution is a chemical exfoliant formulated with a blend of alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs). These acids work by dissolving dead skin cells and promoting cell turnover, revealing smoother and brighter skin underneath. The key active ingredients typically include glycolic acid, lactic acid, tartaric acid, citric acid (all AHAs), and salicylic acid (a BHA). Each of these acids has distinct effects on the skin.

Alpha Hydroxy Acids (AHAs)

AHAs are water-soluble acids derived from natural sources such as fruit and milk. They exfoliate the surface of the skin by breaking down the bonds between dead skin cells. This promotes shedding of the outer layer, improving texture and tone. AHAs also stimulate collagen production, which can reduce fine lines and wrinkles. However, their exfoliating power can cause temporary skin sensitivity and burning sensations, especially in higher concentrations.

Beta Hydroxy Acid (BHA)

Salicylic acid, the primary BHA in the peeling solution, differs by being oil-soluble. It penetrates deeper into pores to clear out excess sebum and dead skin cells, making it effective against acne and blackheads. BHA also has anti-inflammatory properties but can still cause irritation and burning, particularly for users with dry or sensitive skin types.

Why The Ordinary Peeling Solution Causes a Burning Sensation

The burning sensation experienced after applying The Ordinary Peeling Solution is primarily due to the chemical exfoliation process. When acids penetrate the skin's surface, they disrupt the outer layer of dead cells and stimulate renewal. This action can trigger a mild inflammatory response, resulting in feelings of warmth, tingling, or burning. The intensity of the burn varies depending on several factors including skin sensitivity, application time, and the concentration of acids.

pH Level and Acid Strength

The peeling solution is formulated at a low pH (around 3.5), which increases the potency of the acids. A lower pH means the acids are more active and exfoliate more aggressively, which can heighten the burning sensation. While this is necessary for effective exfoliation, it can also irritate the skin barrier if not used correctly.

Disruption of the Skin Barrier

The acids in the peeling solution temporarily weaken the skin's protective barrier by removing the outermost layer. This can increase skin permeability, making it more sensitive to environmental factors and causing a burning or stinging sensation. If the skin barrier is already compromised, the sensation may be more pronounced and longer-lasting.

Factors That Increase Burning or Irritation

Several factors can exacerbate the burning sensation when using The Ordinary Peeling Solution. Understanding these risk factors can help users avoid unnecessary irritation and maximize the benefits of the product.

- **Skin Sensitivity:** Individuals with naturally sensitive skin or conditions like eczema or rosacea may experience stronger burning sensations.

- **Overuse:** Leaving the peeling solution on for longer than recommended (usually no more than 10 minutes) can significantly increase irritation.
- **Frequency of Use:** Using the product too frequently, such as daily instead of the recommended 1-2 times per week, can overwhelm the skin.
- **Pre-existing Skin Damage:** Sunburn, cuts, or other skin injuries can make the skin more vulnerable to burning.
- **Combination With Other Actives:** Using other strong skincare ingredients like retinoids, vitamin C, or other exfoliants simultaneously can heighten irritation.
- **Incorrect Application:** Applying the solution on wet skin or applying too much product may increase the burning feeling.

How to Safely Use The Ordinary Peeling Solution

Proper usage is essential to minimize burning and maximize the benefits of the peeling solution. Following guidelines and precautions helps maintain skin health and prevents adverse reactions.

Patch Testing

Before full-face application, conducting a patch test on a small area of skin helps determine individual tolerance. This can prevent severe irritation and identify allergic reactions.

Application Tips

Users should apply the peeling solution to clean, dry skin and avoid sensitive areas such as the eyes and lips. It is advisable to limit application time to no more than 10 minutes to reduce the risk of burning. After rinsing, applying a gentle moisturizer and sunscreen is crucial to protect the newly exfoliated skin.

Avoid Combining Harsh Ingredients

To reduce irritation, avoid using The Ordinary Peeling Solution in the same routine with other potent actives like retinol, benzoyl peroxide, or other exfoliating acids. Allow a buffer period between treatments.

Frequency Recommendations

Using the product 1-2 times per week is generally sufficient for most skin types. Overuse can lead to increased burning, redness, and sensitivity.

When to Stop Using the Peeling Solution and Consult a Professional

While some mild burning is normal, there are signs that indicate the peeling solution may be causing harm rather than benefit. Users should discontinue use and seek medical advice if they experience severe burning, prolonged redness, swelling, blistering, or intense itching. These symptoms may indicate a chemical burn or allergic reaction.

Indicators of Adverse Reaction

- Persistent or worsening burning sensation after rinsing
- Severe redness or inflammation lasting for days
- Development of blisters or open sores
- Swelling of the face or skin
- Signs of infection such as pain, pus, or fever

In such cases, it is important to stop using the product immediately and consult a dermatologist for appropriate treatment and guidance.

Frequently Asked Questions

Why does The Ordinary AHA 30% + BHA 2% Peeling Solution cause a burning sensation?

The burning sensation is due to the high concentration of acids (AHA and BHA) exfoliating the skin, which can cause mild irritation, especially on sensitive or compromised skin.

Is it normal for The Ordinary Peeling Solution to burn during application?

A slight tingling or warming feeling is normal during application, but intense burning or stinging indicates the product may be too strong for your skin or applied incorrectly.

How can I reduce the burning sensation from The Ordinary Peeling Solution?

To reduce burning, apply the solution on clean, dry skin, avoid sensitive or broken areas, limit exposure time to under 10 minutes, and follow with a soothing moisturizer.

Can using The Ordinary Peeling Solution on sensitive skin cause burning?

Yes, sensitive skin is more prone to burning and irritation from strong exfoliating acids. It's recommended to perform a patch test and start with shorter application times.

What should I do if The Ordinary Peeling Solution burns excessively?

If you experience excessive burning, immediately rinse off the product with cool water and avoid further use until your skin recovers. Consult a dermatologist if irritation persists.

Does the burning sensation mean The Ordinary Peeling Solution is damaging my skin?

Not necessarily. Mild burning is a sign of exfoliation, but severe or prolonged burning can indicate damage or irritation. Always use the product as directed to minimize risks.

Additional Resources

1. The Chemistry Behind Peeling Solutions: Understanding Skin Reactions

This book delves into the chemical components of various peeling solutions and explains why some cause burning sensations. It covers the interaction between acids and the skin's outer layer, highlighting factors like pH levels and concentration. Readers will gain insight into how different formulations affect skin sensitivity and safety.

2. Skin Science: The Biology of Peeling and Irritation

Exploring the biological mechanisms of skin peeling, this book examines why certain peeling solutions cause discomfort or burning. It includes discussions on skin barrier function, nerve endings, and inflammatory responses. The book also offers guidance on minimizing irritation during chemical peels.

3. Safe and Effective Chemical Peels: A Dermatologist's Guide

Written by a leading dermatologist, this guide provides expert advice on selecting and using peeling solutions safely. It explains why some formulations may cause burning and how to avoid adverse

reactions. The book also covers post-peel care to soothe and protect the skin.

4. Acids and Your Skin: What Causes the Burn?

Focusing on the role of alpha and beta hydroxy acids, this book breaks down how these ingredients can cause a burning sensation during peeling treatments. It discusses concentration levels, skin types, and application techniques that influence comfort. Readers will learn how to tailor acid peels to individual skin tolerance.

5. The Science of Skin Sensitivity: Understanding Chemical Peels

This book investigates why some individuals experience burning with ordinary peeling solutions while others do not. It explores genetic and environmental factors affecting skin sensitivity and the importance of patch testing. The book also offers recommendations for gentler peeling alternatives.

6. From Mild to Intense: The Spectrum of Chemical Peeling Solutions

Providing a comprehensive overview of peeling agents from mild to strong, this book explains how intensity correlates with burning sensations. It details the ingredients responsible for varying peel strengths and their effects on different skin layers. The text serves as a practical resource for both professionals and consumers.

7. Formulating Peeling Solutions: Balancing Efficacy and Comfort

This technical book is aimed at cosmetic chemists and skincare formulators, explaining how to create peeling solutions that minimize burning. It covers ingredient synergy, buffering agents, and pH adjustment techniques. The book emphasizes the science behind achieving effective yet comfortable peels.

8. Managing Skin Irritation: Remedies for Chemical Peel Burns

Focusing on aftercare, this book provides strategies to soothe burning and irritation from peeling solutions. It outlines topical treatments, healing protocols, and lifestyle adjustments to support skin recovery. The book is a helpful resource for those experiencing discomfort post-peel.

9. Consumer Guide to Chemical Peels: What to Expect and Why It Burns

This user-friendly guide breaks down the peeling process for everyday consumers, explaining why burning may occur with ordinary peeling solutions. It offers tips on choosing the right peel, preparing the skin, and managing sensations during treatment. The guide aims to empower readers with knowledge for safer peel experiences.

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