



SKIN INSTITUTE

Pumpkin Peel Information Sheet

A pumpkin peel is relatively comfortable and lasts about 60 minutes. The pumpkin mask is warm when first put on the face. This will last for several minutes. Some patients call this feeling 'warm and prickly'. It then changes to a pleasant feeling of tightening. A series of six or more weekly treatments may be recommended

Pumpkin contains the highest concentration (among vegetables) of Vitamin A (beta carotene), a highly active antioxidant. It targets the cell receptors responsible for activating cell turnover and stimulates growth of the base layer of the epidermis, helping the cells progress to maturity and giving structural integrity to both the epidermis and the dermis.

Pumpkin also contains proteolytic enzymes, which help in breaking down the keratin bond between dead cells. This allows the sloughing of the outer layer of dead cells without damaging the inner living cells. Vitamin C, also present in pumpkins, is another active antioxidant beneficial in warding off free radicals.

The combination of ingredients and antioxidants strengthen the skin's defences against free radicals, fighting the ravages of aging. Collagen and elastin rejuvenation is also stimulated by the AHAs.

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