

THESE ARE THE 8 BEST AT-HOME FACE PEELS FOR THE ULTIMATE GLOW

If the words “acid” and “face peel” conjure up the image of a completely raw epidermis, à la Samantha Jones in that (seriously traumatizing) *Sex and the City* episode, there’s something you need to know: When made from natural extracts (rather than harsh chemicals), a peel can actually reveal your glowiest skin ever—no red face required.

The exfoliator-mask hybrid product works to remove that dead, dull top layer of skin with the help of some powerhouse ingredients—from enzymes, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), and lactic acid, for example—rather than physical exfoliators like jojoba beads. Unlike scrubs, these at-home peels are actually non-abrasive, and the acids and enzymes typically have the added benefits of brightening and helping with breakouts.

To figure out which are the best glow-getters out there, the Well+Good team was tasked with testing out dozens of peels. As with most face products, **your skin type** plays a major role in influencing what you should be reaching for—so we cross-referenced every jar, tub, and bottle with Jeni Sykes (co-founder and head of skin care at [Heyday](#), a New York City salon that specializes in quickie facials), who broke down which ingredients are best suited for every need.

Here are the 8 absolute best (and editor-approved!) at-home face peels, divided by skin type.

For sensitive skin

Just because your skin breaks out at the merest whiff of a harsh ingredient doesn’t mean you have to swear off peels entirely. “Enzymes of all varieties are staple exfoliating ingredients for those with sensitive skin,” says Sykes. “The key is choosing soft cream or gel masks, since reactive complexions need an extra dose of calming, **anti-inflammatory ingredients** to work alongside the exfoliating actives.”

Also key? Try to avoid high concentrations of facial acids at home, says Sykes, and definitely avoid products that primarily feature glycolic acid to exfoliate (lest you end up with Sam Jones Face).

Editors' picks:



Photo: Tammy Fender

Tammy Fender Epi-Peel, \$80

This peel is *super* gentle but still delivers—your skin will feel instantly softer, tighter, and healthier upon drying and rinsing. It applies like a mask (gentle Kaolin clay is the base that helps get rid of dead skin cells) and has a subtle grit to exfoliate. Bonus: Not only do rosemary and spearmint give it a delightfully invigorating scent, but they also help keep acne at bay.