



# Skin doctor

OUR EXPERTS ANSWER ALL YOUR DERMAL DRAMAS SO YOU CAN PUT YOUR FLAWLESS FACE FORWARD THIS SPRING

## Eye spy

**Q** 'I've got little white spots around my eyes. I'm not using a new eye cream, so what could be causing them?' **Kelly, Vic**  
**A** Check the ingredients in your eye make-up remover. 'Avoid products containing mineral oil, because they can cause little whiteheads around the eye,' says Emma Hobson from the International Dermal Institute. Instead, switch to a gentle one like **Natio Sensitivity Tested Fragrance Free Eye Make-up Remover Gel** (1), \$12.95 (03 9415 9911).

## Spot on

**Q** 'I'm 29 and STILL get pimples. I've tried exfoliating and cleansing masks, but my skin is still oily.' **Rebecca, WA**  
**A** Weekly clay masks can help, but to overthrow the oil you need to use clearing treatments. Make friends with products that contain salicylic acid, witch-hazel and zinc, because they soak up excess oil to leave you fresh and glowing. Try cleansing with new **Cosmedicine Healthy Cleanse Foaming Cleanser & Toner in One** (2), \$55 (02 9360 7711) – a cleanser and toner in one infused with skin-clearing witch-hazel. Then for easy exfoliation, wipe your T-zone with **Garnier Skin Naturals Pure Daily Purifying Discs** (3), \$10.99 (1300 659 259), which contains a concentrated clearing formula of zinc, eucalyptus and salicylic acid. Finally, treat blemishes with **Aveda's new Outer Peace Blemish Spot Relief** (4), \$59.95 (1300 300 054), which contains the first

naturally derived form of salicylic acid, along with skin-boosting antioxidants. And take note: oily skin doesn't necessarily need moisturiser at night, so go for a light serum instead, like **Clarins Pore Minimizing Serum** (5), \$49 (02 9663 4277).

## Soap addiction

**Q** 'I know it's bad, but I love the squeaky clean feeling I get using soap and water on my face...' **Kate, NSW**  
**A** As long as you don't use the same blend on your face that you use on your body (it can strip skin of natural oils and leave it irritated), it's OK. Dove has reformulated its famous moisturising bar, adding oils that are gentle on the face. **Dove Supreme Silk Cream Oil Beauty Bar** (6), \$4.19 for two-pack (1800 061 027), promises to keep your skin's PH level balanced.

## Anti-age overload

**Q** 'I've started to worry about lines, but with so many wrinkle creams on offer, I don't know where to start.' **Kylie, SA**  
**A** We don't blame you, it's a marketing minefield out there. Start the process with a moisturising sunscreen (protection is always better than the cure), like **Megan Gale Invisible Zinc Tinted Daywear** (6), \$28.95 (08 9384 9206). Next, layer on an antioxidant-laden treatment (to protect skin from free radicals and environmental aggressors) before your face cream. **Alpha-H ACE Power Vitamin Kit** (7), \$99 (1800 659 777), which contains three separate vials of anti-ageing stars vitamin A (to hydrate and exfoliate), vitamin C (to brighten and boost collagen) and vitamin E (to protect and boost) ➤



cell oxygen), is a great multi-tasker. Apply a couple of drops of each to your hands and massage in before your moisturiser. Follow with a super-hydrating lotion containing hyaluronic acid or collagen, like **L'Oréal Paris Wrinkle De-Crease Collagen Definer (9)**, \$33.95 (1300 659 259), which is packed with natural collagen to plump skin. Finally, invest in a good eye cream like **Nivea Visage DNAge Cell Renewal Anti-Age System Eye Cream (11)**, \$23.95 (1800 444 002) – it contains powerful folic acid to regenerate and energise skin cells. Dab it on with your ring finger three times a day to keep crow's-feet at bay.

## Dermal drought

**Q** 'My skin has changed – suddenly it's really dry and by mid-afternoon it feels so tight I'm afraid it might fall off! How do I keep the moisture locked in?' **Sam, Qld**  
**A** Hormonal, seasonal and environmental changes can leave your face feeling dry and tight. Noella Gabriel of botanical skincare brand Elemis swears by facial oils like rosehip, carrot seed or wheatgerm. Use a few drops every day before your moisturiser to nourish and hydrate. 'Open pores first by heating the face with a warm, wet flannel for 30 seconds. This will speed up the absorption process and prevent that greasy

after-feel,' says Gabriel. 'Then pat oil gently onto your face with fingertips.' Try **In Essence Organic Rose Hip Oil (12)**, \$18.95 (1800 802 032), which is rich in skin-loving fatty acids Oleic, Linoleic and Linolenic and vitamins A and C.

## Shun the sun

**Q** 'How can I get rid of the pigmentation on my face and neck from a childhood spent worshipping the sun?' **Pip, NSW**  
**A** IPL (Intense Pulsed Light) treatments are really effective. Fair skin tones can start right away, but if you have dark skin you'll need a course of prescription lightening products first, such as those containing hydroquinone (available from a dermatologist), for two to four weeks leading up to the IPL treatment. IPL is a light beam of specific wavelength, which targets and zaps dark pigment. During the session the therapist uses a nozzle to direct an intense beam of light over a small patch of skin. It penetrates the skin, and the heat turns into energy, breaking down the pigmented cells. But be warned, there is

some down time. 'As the pigment breaks down, you get a smattering of dark spots on your face, which usually fall off within the week,' says registered nurse Kaye Scott from The Clinic (02 9386 1533), who adds that after your treatments, you need to be vigilant about sun protection or it will all come back. For a DIY approach, try whitening products, like **Lancôme Blanc Expert Neurowhite High Potency Brightening Spot Eraser (10)**, \$90 (02 9931 8888), which contains lightening liquorice extract and other ingredients that protect against sunspots.

## Crystal clear

**Q** 'I'm getting married soon and want my skin to sparkle. What do you suggest?' **Natasha, ACT**  
**A** Book in for a series of microdermabrasion treatments. The best way to reveal new skin, this mechanical treatment uses a handheld nozzle and tiny crystals to exfoliate and remove dead skin cells. The Clinic's Kaye Scott suggests a weekly treatment six weeks prior to the wedding. This will set you back around \$140 per treatment (call 02 9386 1533). To enhance the brightening effects at home, invest in radiance-boosting treatments. **SK-II Facial Treatment Essence (14)**, \$95 (1800 012 169), can be massaged in after you cleanse and tone. Hailed as miracle water in Japan, it contains Pitera (a blend of amino acids, vitamins and minerals derived from yeast), which leaves skin bright and even.

## Sensitive skin

**Q** 'I have sensitive, dry skin that tends to react to lots of products. What should I use to exfoliate?' **Alex, NZ**  
**A** Steer clear of fragranced products and anything with harsh buffing or exfoliating beads, which will irritate your skin. Exfoliants containing enzymes like papaya, pineapple, lactose acid that dissolve dry dead skin naturally are your best bet. Try **Elemis Papaya Enzyme Peel (13)**, \$69.30 (1800 802 036), which contains a gentle blend of nourishing milk protein and antioxidants.

## Pepta what?

**Q** 'I keep hearing about peptides. What are they exactly?' **Libby, Vic**  
**A** Peptides are causing a major buzz in skincare, and have been proven to be one of the most effective anti-ageing ingredients around. 'Peptides are proteins found naturally in the body, which stimulate skin renewal and the repair process,' says Fiona Tuck from the International Dermal Institute. 'Peptides used in skincare are synthetic minute proteins that have a similar effect to the peptides naturally found in the body, and studies have found they have a great result in combating fine lines and wrinkles.' Try **Dermatologica Power Rich (15)**, \$275 (1800 659 118) – it contains palmitoyl pentapeptide, which is said to stimulate collagen and elastin production. ■



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