

## Brown spots and dark patches FADE THEM RIGHT AWAY

Where in heaven's name did all those brown spots come from? If your skin is looking older than it should, it's often down to those signature patches. So where do they come from? "It's the sun," says dermatologist Dr Elisabeth Dancey. "The damage that's surfacing on your face and hands now will have been done when you were younger – maybe as a child." How do we deal with the darkness? Surprisingly, the experts' pick is a simple treatment that's close to a facial.

**EXPERTS' CHOICE:** Dr Dancey uses a depigmentation treatment to clear dark patches and revive its even-toned look. Currently she's favouring Cosmelan, because she feels it's good for just about everything. "Discolouration caused by the sun is easily treated by peeling off

the very top layer of the skin," says Dr Dancey. "And the procedure is simple."

**HOW DOES IT WORK?** After cleansing, skin is painted with a soft peel, with maybe a deeper peel on the darker spots. When that's removed, healing cream is smoothed on. Skin will be pink but you'll be fine to go home. After four or five days, you'll have some skin flakiness, and the spots will go brown and flake off. After treatment you'll use Cosmelan 2 cream, which stabilises the pigment-making cells and rejuvenates skin to keep it looking smooth and clear.

**DOES IT HURT?** No, but skin can feel a bit tight and irritated in the flaking-off stage. "The post-peel cream works so well that many of my patients go on using it as an anti-ageing treatment," says Dr Dancey. "However, it's very active so if it does make

skin too pink or irritated, spread thinly or maybe use only every few days."

**THE BILL?** £650 for this one-off treatment, including Cosmelan 2 cream, which bought separately costs £150 but lasts a long time. Brown spot touch-up treatments, £80. Dr Dancey's Bijoux Medi-Spa is in London's Belgravia, call (020) 7730 0765; bijoux-medispa.co.uk. For Cosmelan practitioners in your area, call 0161-9764814.

### ANY TIPS?

You must be diligent about always wearing sunscreen. Dr Dancey recommends SPF40. "You don't need it that high but we tend to skimp, and using anything lower often results in us getting only SPF10!"

When it comes to skin, every minute counts. Ageing is a journey, not a destination. Let's travel in style!



"I love the way my skin responded to the treatment. Brown spots have faded, the texture of my skin has improved – it's like having a facelift. The cream is quite drying but that's easily sorted with lots of moisturiser. I didn't want laser or injections, so this was right for me. It's given me real confidence!" **Jit Tobian, 39, London**

## Broken capillaries and redness TIME TO SEE THE LIGHT

Had enough of that redness and broken capillaries around your nose and cheeks? Maybe you've been patiently covering it with concealer, but now it's all too much and the red menace really has to go. Years of damage from sun, pollution, stress and smoking are to blame, but trust us – it's faster than you imagine to get rid of. Prepare to ditch the concealer!

**EXPERTS' CHOICE:** Frances Furlong at Skin Health Spa finds it super satisfying to get rid of broken capillaries. "Continually upgrading to heavier foundation and concealer drives my clients to finally try something permanent. My treatment of choice has to be Intense Pulsed Light (IPL). It's non-invasive and gets rid of those red lines for good. Interestingly, clients don't always have everything sorted in one hit. They may have a few on the cheeks but it's the one on their nose that has to go first!"

**HOW DOES IT WORK?** "Light is pulsed over skin where it picks up redness, damaging capillary walls, which are then absorbed by the body," says Frances. "Treatment takes about 15 minutes tops, starting with a layer of skin-numbing cooling gel followed by a few zaps of light – and that's it. Skin is a little pink afterwards, but you can wear make-up right away. The plus? Along with wiping out the redness, IPL helps tighten pores and improve skin condition."

**DOES IT HURT?** "Truthfully, it's a little like having an elastic band pinged against your

skin each time the light pulses," admits Frances. "But the gel helps and it's over in a few minutes. After one treatment you won't see a lot of difference but after three, the effect is amazing as gradually skin becomes clear and bright."

**THE BILL?** You'll need on average about three treatments for a moderate amount of redness. The cost for a small area, £75. Cheeks, £150. Full face, £200. At Skin Health Spas nationwide, call 0800-2425145; skinhealthspa.com.

### ANY TIPS?

You can't have the treatment if you're tanned – the pulsed light won't know the difference between dark veins and skin!



"I had broken capillaries right across both cheeks. After some mild peels to sort the surface, I had IPL. It's a bit uncomfortable but after each session I could see the improvement. For me, the cooling gel was the worst bit – it gave me an ice cream headache! But after just three treatments my skin is miles better!" **Nicola Ellis, 36, London >>**