

# ACNE

## LIFESTYLE:

Regardless of whether you suffer from a skin condition or not, good nutrition plays a big part in maintaining good skin.

You really do need to ensure you nourish the skin. It's the body's largest organ but so often overlooked.

For the most part the advice is the same as it would be for anyone.

Eat a balanced

healthy diet that incorporates all the major food groups, so avoid processed convenience or high sugar/fat foods as much as possible and opt for lean meat or fish, wholegrains, and plenty of fresh fruit and veg – remember the aim is five a day!

It's also important to make sure you get your two litres of water a day. As well as

hydrating the skin naturally, water helps flush out all those nasty toxins.

Natural antioxidants such as green tea or blueberries can also help get rid of toxins. Getting enough sleep is also a big factor.

## TOP TREATMENT:

### TCA or Glycolic peels

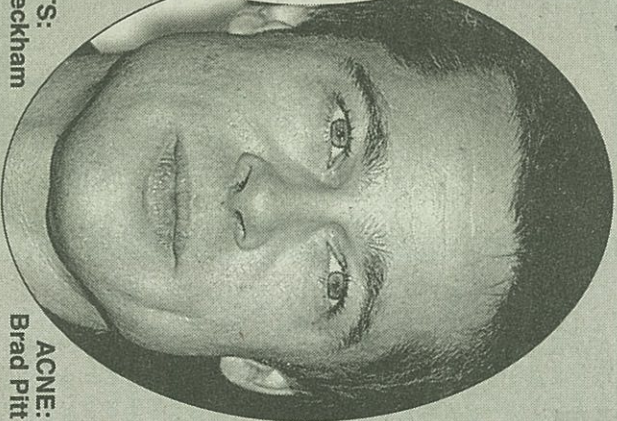
These are fantastic for a host of different skin



**BREAKOUTS:**  
Cameron Diaz



**SPOTS:**  
Victoria Beckham



**ACNE:**  
Brad Pitt

problems, including sun damage and reducing fine lines, but can also be beneficial for acne sufferers looking for an alternative to antibiotics.

Both help to alleviate bacteria build-up, refine pores, stir up natural collagen and generally freshen the skin.

They also help unblock the channels so even if you have spots still coming up, they'll come through more quickly, making scarring less likely.

These treatments can be carried out in the salon by either a doctor or trained nurse. The Glycolic peel is

less harsh, with the redness fading almost immediately. There is actually no peeling. Usually completed in a course of six, carried out a week apart, they cost £95 per peel or £565 for a course of six, which includes three products.

But for more serious problems I'd suggest the TCA peel, which is usually carried out weekly for four weeks.

These go deeper, so there is a recovery period with redness and peeling – though only akin to sunburn – and you can wear make-up straight away. The results are worth it.

# WRINKLES

## LIFESTYLE:

The natural ageing process and genetics play their part, but lifestyle can affect how well, or badly, you age.

So it's the same advice – eat a healthy, balanced diet with plenty of fresh fruit and vegetables, drink two litres of water a day, don't smoke and try to limit your consumption of caffeine and alcohol.

Always protect yourself correctly from the sun. It's worth remembering that sun lotion can also protect you from pollution, something else that is damaging to the skin. Try to maintain a good skincare regime from as early an age as possible – prevention is better than cure.

## TOP TREATMENT:

### Botox or injectable fillers

I tend to think of these as the next stage if peels or IPL haven't managed to reduce certain wrinkles enough.

Many people do worry about botox and yes, it is derived from botulinum toxin, but it really is a fraction. The injections, which

like fillers, feel like a pinprick, are sterile, safe and have been used for over 10 years to treat serious medical conditions.

Botox costs from £200 to £440, depending on how many areas are treated, whether it's administered by a doctor or nurse and if you are male or female – men tend to have stronger facial muscles so need more product.

Fillers cost from £180 upwards, depending on how much product is used and who administers it. Restalyne is currently the most popular filler, but there are new products being developed all the time.

# HYPERPIGMENTATION (DARKENING OF SKIN PIGMENT DUE TO EXCESS RAYS)

## LIFESTYLE:

As much as a nice glowing tan makes us feel good, this is all too often the result if you don't protect your skin properly.

It really is all down to being sensible, especially at this time of year. It's also worth noting that being on the contraceptive pill makes women more prone to the effects of hyperpigmentation.

I'm not saying never sunbathe but just make sure you are properly protected.

## LIFESTYLE:

We recommend wearing sun protection of factor 30 at all times and aim to ensure you have blanket coverage to protect against UVA and B rays.

Make sure your children wear adequate protection as it is as youngsters that many of us sustain much of our long-term sun damage.

Those people with spots or greasy skin need protection too and should simply opt for a non-oil based product.

## TOP TREATMENT: IPL Photorejuvenation

This treatment involves zapping the affected area with a beam of light. The sensation is often likened to a rubber band snap but there really is very little discomfort.

Before treatment it's necessary to have a patch test seven days before to check your reaction then, provided everything is okay, treatment can begin. Three treatments are commonly needed at £375 each.