

# essentials

## You asked...

Expert answers and practical solutions to your real-life health and beauty problems By Lisa Durant

**Q** I have open pores and blackheads around my nose. Can I get rid of them for good?

Lucy Moulds, London

"Oily skin is prone to larger pores and blackheads because of the excess sebum it produces," says Frances Furlong, a nurse practitioner at City Skinklinik (0870 751 3870), where **Tamzin Outhwaite** goes to keep her complexion looking peachy. Skin type and pore size are partly determined by genetics, but you can minimise the size of your pores with regular exfoliation and a course of glycolic peels, from £95 for one treatment at City Skinklinik. The peels will also smooth away dead skin and fine lines. "It's not possible to eliminate blackheads completely, but peels will keep them in check," says Furlong. To get results at home, she suggests using skincare with glycolic ingredients and an SPF moisturiser to protect newly peeled, sensitive skin.

Step 2  
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Step 1  
Gentle  
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Peel

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Glycolic Peel, £16, by

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HOW CAN YOU...

...GET RID OF BUMPY UPPER ARMS?

'Keratosis Pilaris are rough, "goose-bump" spots on the outer part of the upper arms,' says Frances Furlong, nurse practitioner at City Skinklinik. 'Believed to be caused by the skin being unable to exfoliate properly, the key to successful treatment is controlled exfoliation of the area.'

**Blow the budget**

A course of salon treatments with glycolic peel costs from £95 a session (0870 751 3870; cityskinklinik.co.uk).

**Save those pennies**

**WIN!** A No7 Pre-Holiday Brightening Body Buffer, £5.50, to exfoliate and leave your skin as smooth as silk. Text\* ESSBUFFER, followed by a space, your name, house number and postcode to 86611.

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