

THE SOLUTION: Stop using everything, straightaway, says Frances Furlong, the Nurse Practitioner at London's City Skinklinic. Overdoing it when it comes to microdermabrasion doesn't just leave you with raw skin, it can also result in long term problems with uneven pigmentation so you really need to seek medical advice and not try and deal with it yourself with a bit of antiseptic cream and some concealer.

Some light scratching on the skin can go away in a few weeks, but more serious cases can take months to correct. You should always follow your GP or dermatologist's directions, but if they're happy for you to use make up on the damaged area, look for mineral-based products such as Bare Escentuals ID which contains zinc that will help repair the damage.

Time taken to reverse the damage: From a couple of weeks to several months.

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As a hairdresser, there are too many products on the market that can cause problems, it is not that easy to do your own colour and just looking at a pretty woman on the front of a colour box does not mean you will look the same, but as always people fall for the adverts saying "its so easy", and yes within that 20 mins you can end up with a mess.

- Mo Klein, Hurst Berkshire, 07/2/2007 10:57

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Never use home highlighting kits! I learned this expensive mistake recently when I had to go to the hairdressers to get the banana-yellow streaks covered up. Hairdressers spend years training for a good reason.

- Melissa Gabbon, Lewisham, 06/2/2007 02:05

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