

beauty

You asked

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

Q I returned from a blissful holiday with a sun spot on my face. How did I get it and can it be removed? Sarah, Liverpool

A "Sun spots are caused by daily UV exposure without protection," says Skin Health Spa's nurse practitioner Frances Furlong (020 7655 6920). "They can be removed using IPL [Intense Pulsed Light], which breaks down pigmentation without damaging the surrounding skin." To ensure an even penetration of light, microdermabrasion is recommended on your first visit. On your second appointment, IPL is applied to bring the darker pigment to the surface - you'll have a scab in need of concealing for a few days. Try Maximum Cover, right, £22.50, by Estée Lauder (0870 034 2566). Furlong insists that her patients use an SPF30 sunscreen daily, during and after treatment, as fresh skin is vulnerable to the sun and you need to prevent new dark spots forming.

