



Top tips for reducing blemishes

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With winter weather settling in comfortably, summer can seem a long way off. Whilst we all know that summer bodies began in the winter, the same goes for your skin.

Our skin is the largest organ in the body, but often the last to be nourished. Apart from our liver, our skin is the second most mistreated organ, taking a beating from the cumulative and damaging effect of the sun, stress, lifestyle and hormonal change.

Blemishes are skin imperfections like acne, pigmentation and dark marks that occur over time due to inflammatory changes in the skin, and can affect our confidence.

These are my top tips for reducing blemishes and improving your skin health this winter:

- 1 Prevention is better than cure. Wash twice daily with a cleanser to remove excess oil, grease and pollutants from skin. Face wipes don't work, especially if you have an oil-prone skin.
- 2 Wear a broad spectrum sunscreen and, yes, even on a dull winter's day. Ultraviolet A rays are all around us causing premature DNA damage, collagen breakdown, pigmentation and potentially skin cancer.
- 3 Improve your sun damage repair by adding a medical-grade Vitamin C to your morning skincare regime. Using this before sunblock shows clinical evidence of reduction of pigmentation and lightens and brightens the complexion whilst providing added antioxidants to skin.
- 4 Have a skin health assessment (VISIA skin analysis consultation). This will help you gain a deeper understanding of your skin health and clearly maps out blemishes and marks in the skin. Treatments can then be tailored according to the results from this AND reviewed regularly.
- 5 Exfoliate. The top layer of dead and dull skin, called the stratum corneum makes your skin dull and lifeless so treat your skin to a resurfacing treatment like the HydraFacial, which will do this safely and effectively for you. One treatment is never enough to undo years of change. As each skin cycle takes approximately six weeks to grow, your treatments will often also work in cycles and will need regular reviews.
- 6 Your wardrobe changes each season and so should your skincare. As central heating further adds to dehydration caused during winter, add a hydrating mist to protect skin from drying out and looking dull.
- 7 Oily skin requires skincare containing salicylic acid, which loosens cells from binding together and blocking pores, as well as having an important antibacterial property to prevent acne formation.
- 8 If you suffer from pigmentation or melasma (due to pregnancy), speak with a skin specialist before embarking on skincare containing lightening-agents to ensure your suitability as well as careful monitoring of your results.

Beautiful, healthy skin isn't a miracle, it requires time and commitment.