

# BEAUTY SOS: SAVE OUR SKIN

**RACHEL MOORE HIGHLIGHTS SOME COMMON SKIN PROBLEMS AND RECOMMENDS A NUMBER OF PRODUCTS THAT COULD POSSIBLY BE THE SOLUTION TO SAVING YOUR SKIN.**

**M**ost of us know the mantra of cleansing, toning and moisturising our skin, and many of us actually use these basic steps when deciding which products we need. And that should be enough, right? But what happens when you have a full arsenal of products, do all the right things such as drinking plenty of water, and removing your make-up before bed but still end up with skin dramas? Or perhaps you don't follow a routine, you just do what feels right, and your skin is generally ok, but you still get the odd breakout?

This is something I ask myself all the time! I think the crux of the answer is that we are all unique, and so is our skin. Whilst we may take all the necessary steps to ensure it is as luminous and smooth as possible, we can still be affected by the same pesky issues like blocked pores, dark circles, and breakouts. I wanted to find out more about some of these common skin complaints (that seem to rear their heads at the worst possible times) and why we get them, and also some of the targeted

products to reach for if beauty emergency strikes!

## Un-even Skin Tone

Un-even skin tone, generally known as hyper-pigmentation is characterised by patches of darker skin or large freckles. One of the main causes is sun exposure; this is due to UV light causing our skin to produce more melanin. Melanin is the body's defense mechanism against harmful UV light, and hyper-pigmentation occurs when too much melanin is produced as a result of over exposure to the sun. This generally develops over many years of sun exposure, so it is imperative to stay protected by using a good sunscreen. Another key cause of hyper-pigmentation is hormones. This can be during pregnancy, when there is a spike in hormones like progesterone and oestrogen, or if you start taking the contraceptive pill. The darker patches of skin may completely disappear after pregnancy, or if you stop taking the pill, but let's look at what to do if they don't. As a precaution, if you are worried about any darker patches or freckles that have appeared, please see a doctor to rule out any medical issues.

Most appearances of darker patches on skin can be brightened. I decided to try **Good Genes by Sunday Riley** which contains Licorice to brighten the skin. As

a natural anti-inflammatory, it also reduces redness. It has to be said, this product packs a punch! It also contains a patented formula NV-5 Ageless complex, a skin-rich formula containing five Native American botanicals, which fights ageing and also rejuvenates. This is an all-round great product that I would recommend even if you don't suffer from un-even skin tone as it encourages healthier skin through the yeast extract and circulation with the help of lemongrass! Another great product is **Aurelia Revitalize and Glow Serum**. This young British brand recently launched at Liberty in early September and uses natural botanicals to combat the effects of UV damage to collagen and elastin. The whole range also uses probiotics, which stimulates the skin's natural impulses to help balance and stabilise. The Revitalize and Glow Serum is fantastic, as it's amazingly light, smells fantastic (formulated with jasmine, tuberose and mandarin) and after a few days' use, the skin feels calmer, lighter and brighter.

If you have sensitive skin and are worried about using a product with brightening or exfoliating agents, I would recommend **Clinique Clinical Dark Spot Corrector**. This contains glucosamine and salicylic acid, which slough away dead cells without any scrubbing. It also contains blackout yeast extract, which helps to break up areas of pigmentation into smaller particles and re-absorbs back into the skin.

## Enlarged Pores

Eugh! My least favourite! Most commonly found around the t-zone, these pesky pores appear for a number of reasons. As with hyper-pigmentation, over exposure

to the sun is factor, as the UV stimulates the skin's defense mechanisms, causing the skin to thicken and the pore to appear bigger. You may slightly be more prone to enlarged pores if you have oily skin, as oil and skin cells can collect around pores. My absolute saviour product is **Clarins Pore Minimizing Serum**, a lightweight serum specifically targeted at oily and combination skin. The pore fighting ingredients are Hibiscus extract and salicylic acid that unblocks pores, and Chrysin which reduces the number of sebum producing cells. I used this before applying moisturiser in the morning, and have seen a real improvement in my skin texture. I cannot rate this product highly enough!

**Now hand in hand with enlarged pores are:**

## Blackheads

I say hand in hand, as quite often enlarged pores become blackheads when they become filled with sebum and dead skin cells. They are also most common around the t-zone, and oilier areas of the face such as the forehead and nose. It is tempting to try exfoliators and scrubs to try and eliminate blackheads, but this can be counter-productive, as stripping the skin of its good oils can stimulate sebum production as the skin tries to hydrate itself. One of the best methods, something we've all tried before is steam. Leaning over a bowl of hot water with a towel over your head will help open pores. When doing this myself, I added a few drops of **Dr Hauschka Lavender Bath** (you can also try this by adding to a bath). The lavender soothes and calms the skin, while the steam unclogs the pores. It's good to follow up with a toner such as the **Dr Hauschka Toner**, which brings balance to the skin, and regulates oil production.

## Breakouts

So now for the real emergencies! Imagine waking up on the morning of that date or interview to discover a distracting red blemish glaring back at you in the mirror. The first reaction would be to coat it with as much concealer and foundation as possible. This could work, but you'd end up with a clogged-up area of make-up, which actually draws more attention to the blemish. My top tip is to invest in Dr Sebagh Breakout Spot On: just a squeeze from this handbag size tube starts to gently purify blemishes, and reduce redness. If it happens on the day of an event, I would go make-up free, apply **Dr Sebagh Breakout Spot On** throughout the day, and then apply any make-up at the 11th hour. This product also works as a great preventative measure. If you can detect the beginnings of a spot, start applying at regular intervals. I've noticed a real reduction in unsightly spots by using this as soon as I can see one brewing!

## Dark Circles

These are so common, and I think we have all suffered from dark circles at some point (and sometimes for entirely self-inflicted reasons). Tiredness can be a cause, as well as a whole host of other reasons, such as allergies, leaving on eye make-up overnight, and not drinking enough water. This area of the skin is vulnerable, as it's very thin, and easily disrupted if it does not receive the right balance of fluid or moisture. So to tackle these 'dark pandas', especially if it's a one-off, and appears in the morning after a night out, or at the end of a busy week, go for the cover up solution.

My favourite is **Perricone MD No Concealer Concealer**, a beautifully rich formula that not only covers dark circles, but also delivers a potent dose of neuropeptides and Vitamin C for anti-ageing at the same time. It's also SPF 35, so great for sun protection too. Now, if you have dark circles as more of a re-occurring issue: first of all, do all the usual lifestyle checks such as sleep, diet and how much water you drink. If you're doing everything by the book, it may be worth investing in an eye cream. If you are just starting with eye creams, I would recommend

**Malin + Goetz Rice Bran Moisturizer**.

This is a super light cream, and has fast absorbing esters which make it residue free. The active ingredients: rice bran and soya bean protein-amino acids tackles fine lines, puffiness and, of course dark circles. If you've used several eye creams, and are looking for something that packs an anti-ageing punch, I would recommend **Epionce Renewal Eye Cream**. This beautifully rich cream contains meadowfoam and flax complex to fight the signs of ageing, and improve skin texture. Just a quick note on both these eye creams: both products are suitable for any age, but I have recommended them on the basis that one is a very light formula, and one is a richer creamier one. It's very important not to suffocate the eye area with too much cream, as this can inhibit the skin's natural function. As skin age, it loses moisture, and therefore mature skin can benefit more from a slightly richer cream.

## Cellulite

For my last review, slightly off on a tantrum, just because it bugs me so much is cellulite! I don't think I need to go into depth about the causes of cellulite, as I'm sure we are all quite familiar with it, but the reality for most of us is that, unfortunately it's there! I've found **Body Sculpture by Rodial**, which contains 5% caffeine to help stimulate lymphatic drainage, and red sea algae, which improves skin tonicity. I noticed a visible improvement on my worst areas after using this product for a few weeks. I also like **Nip+Fab Cellulite Fix** which also uses caffeine in conjunction with Indian forskolin to activate cells and encourage the breakdown of fat cells. It may be virtually impossible to eliminate cellulite completely, but these products are both a good start.

## Beauty Links:

Sunday Riley - [www.sundayriley.com](http://www.sundayriley.com)  
Aurelia - [www.aureliaskincare.com](http://www.aureliaskincare.com)  
Clinique - [www.clinique.co.uk](http://www.clinique.co.uk)  
Clarins - [www.clarins.co.uk](http://www.clarins.co.uk)  
Dr Hauschka - [www.drhauschka.com](http://www.drhauschka.com)  
Dr Sebagh - [www.drsebagh.com](http://www.drsebagh.com)  
Perricone MD - [www.perriconemd.co.uk](http://www.perriconemd.co.uk)  
Malin + Goetz - [www.malinandgoetz.com](http://www.malinandgoetz.com)  
Epionce - [www.epionce.co.uk](http://www.epionce.co.uk)  
Rodial - [www.rodial.co.uk](http://www.rodial.co.uk)  
Nip+Fab - [www.nipandfab.com](http://www.nipandfab.com)

