

The truth about uneven skin

From debunking common myths to understanding causes and effective skincare ingredients.

Section: Focus area stories

What is uneven skin?

Just like life, skin has its bumpy bits and rough patches. The evenness of skin is best assessed by touch. Rough patches are caused by wear. Although some uneven texture is found in teens thanks to clogged pores, adults get it thanks to sun, age and smoking.

What causes uneven skin tone and texture?

“It’s not about the sun”

It’s always about the sun

UV rays cause rough skin texture as well as early ageing, dark spots and all the other nasties. When you’re outside, reapply sunscreen every two hours. For serious smoothness seekers, dress right, wear (big) sunglasses and head for the shade, especially when the sun is high.

“It’s the same on face and body”

The causes can differ

Addressing uneven skin means understanding the causes. The face is more exposed, not just to sun, but to triggers like the wrong products. On the body, we might see flaky skin in high-friction areas like elbows, knees and inner thighs.

“You don’t need to care for scars”

Yes you do

Scars usually have a raised texture, so treating them properly makes skin smoother, whether they’re old or new. Scar treatment products bring an improvement over a few months, so if you’re patient and consistent, you will start to get results over time.

The ingredients you need for uneven skin

Retinol

Retinol improves texture by boosting renewal and stimulating collagen. If you’re new to retinol, add it slowly - once or twice a week at first.

Vitamin C

Vitamin C is a game-changer for smoother skin. Make it part of your morning and follow up with a broad-spectrum SPF 30.