

Prisca McGuire
searches high and
low for the newest zit
and blemish fixes

Fighting the flaws

In the make believe world of airbrushing, we can all have flawless skin: no spots, no acne, no congested skin and no annoying flaky patches. However, the reality is very different. Environmental factors such as pollution, stress or sometimes just our own genetic make up can all lead to skin imperfections that take time and effort to resolve. With increased awareness to skin problems and its causes, you will increase your choice when it comes to finding a solution and discovering what works best for you. ■

Acne

Although it has been estimated that acne affects more than 85 per cent of teenagers, it frequently continues into adulthood which is why the phrase 'adult acne' is now a recognised condition. Research suggests that around 18 per cent of adult women suffer from acne. 'Women may be potentially more susceptible to adult acne due to hormonal fluctuations, and possibly due to the frequent application of topical cosmetic products to the skin, improper product removal or some combination therefore,' says Clinique dermatologist Dr David Orentreich.

Other risk factors associated with acne are oily make-up, oily hair pomades or hairsprays. As well as following the general rule to remove make-up before you go to bed, experts say it should be removed before exercising as the combination of make-up and sweat can exacerbate acne or some other skin problem. Stress is also often linked to acne so relaxation is also an important lifestyle factor to take into account.



Targeted product treatments

Avène TriAcnéal (£23/30ml) eliminates scarring left from pesky spots by regulating the skin's cell turnover

The Acne Treatment Kit from Medik8 (£35) consists of a lightweight gel that can be used on individual blemishes or larger problem areas

Caudalie Vinopure Purifying Mask (£18/20ml) calms combination skin that is prone to breakouts and lessens the onset of blackheads