



“ Although pigmentation can occur due to skin conditions, it is also as a direct result of sun exposure, so it's important to wear sunscreen every day. And don't think darker skin types can get away without it – they suffer more from pigmentation. I recommend at least SPF30 [ELLE loves Sheer Mineral Defense SPF50, £28, by SkinCeuticals]. ”

— ELLE, 20 Things You Need to Know About Your Skin