

Health

THE PROBLEM: ROSACEA

WHAT IS IT? Rosacea manifests itself as facial redness with little pustules. Medics don't completely understand what causes it but Shabir Daya, pharmacist at Victoria Health sheds some light. "Causes include possible overgrowth of unfriendly bacteria in the gut, which is why antibiotics sometimes improve rosacea; some people have a mite that causes the symptoms and certain steroid medications, such as steroid nasal sprays, may result in it." **TRIGGERS:** Spicy food, red wine, chocolate, going from a cold to warm environment, hot drinks and stress are all known triggers.

SOLUTIONS: Establish what sets you off - then avoid it. Dermatologists will usually start you off with an antibiotic cream. While they don't get rid of the flushing, they are anti-inflammatory and should help clear

pustules. It's also worth knowing that there's a relatively new low-dose antibiotic called Efracea which usually crops up on your jawline and neck. **TRIGGERS:** If you had acne as a teenager it probably hasn't ever really gone away and it can grumble along through your thirties, forties and even fifties - with flare-ups often triggered by hormonal imbalances (before or after ovulation, pregnancy and childbirth, if you take the Pill and during the menopause) and if you have polycystic ovary syndrome. Stress may also be a key factor because it stimulates the production of testosterone, which increases sebum production and leads to blocked pores. **SOLUTIONS:** Acupuncture can help because, as John Tagaris, a doctor of Traditional Chinese Medicine

THE PROBLEM: ACNE

WHAT IS IT? We all thought we'd grown out of this one, but one in five women over 30 has acne. Adult acne usually crops up on your jawline and neck.

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explains, "It triggers your brain to release a tremendous amount of endorphins and these calm the immune system and any inflammation." As far as prescription medication is concerned, Roaccutane is the only drug which can get rid of acne, but there are huge cons - it has been connected with birth defects, can affect liver function and lead to mood swings and severe depression - so is a last resort treatment. "For most people, topical retinoids are a good first-line treatment because they are anti-inflammatory and antibacterial," says Dr Rakesh Patalay, dermatologist at Hamamsmith Hospital, London. Calming your mind with yoga or meditation will help, too. Even if you only have ten minutes, get into a daily ritual by lighting a candle and listening to Deep Relaxation And Yoga Nidra Vol 1 (£11, yogamatters.com).

RELIEVE REDNESS

(MALIN+GOETZ)

▲ Malin+Goetz Detox Face Mask, £34, cleanses clogged pores without irritating



▲ Formulated for sensitive skins, the Murad Redness Therapy range includes the Soothing Gel Cleanser, £21.95

▲ Eucerin Anti-Redness Night ERM, helps soothe inflamed complexion



▲ Packed with natural anti-redness and anti-inflammatory ingredients, Dr Andrew Weil For Origins Mega Moisturiser Skin Relief Advanced Face Serum, £41, is a must have



TARGET PROBLEM AREAS

▶ The Silver Soap by Cor, £35, is fast becoming a cult product for acne sufferers. The magic ingredient? Silver, which is antibacterial and healing

▲ SkinCeuticals Phyto Corrective Fluid, £47.50, can be used to target specific areas



▲ Pukka's Clean Green powder or capsules, £15.75, will reduce inflammation



▲ La Roche-Posay does great things for problem skin. Apply Effector AI, £9.50, directly to spots



▲ A classic since the 1920s, Weleda's Abnorrone Purifying Lotion, £8.50, is a great preventative product for spot-prone skin



BAD SKIN? Time to come out of hiding

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