

BRIGHTEN UP

The key to healthier-looking skin is not to worry about lines and wrinkles but to improve the look and texture of your complexion, says **Lynnette Peck Bateman**. Photography by **Mark Arnold**

Your skin can look better within weeks if you tackle any blemishes or patches.

Dr Colette Haydon, a cosmetic pharmacologist who developed Monu (monuskin.co.uk) says, "Great skin is less about wrinkles and more about uniformity of skin tone. It is not about lightening but brightening."

Take dark spots: the skin pigment melanin is responsible for most of them and the most common, age spots, are caused by exposure to UV rays. Then there are hereditary spots, the freckles that begin in early childhood and are more prevalent in those with a fair complexion. Scarring, infections and allergic reactions can also cause hyperpigmentation.

As Dr Daniel Yarosh from Clinique says, "All of these can be treated with topical skincare apart from freckles."

SKIN ENEMIES

No 1: Dark spots They appear over time on the face and body. Sun damage is the main cause – and as we age we don't fend off UV rays so well. What to buy:

Perricone MD Pigment Corrective, £75 0800 917 8698 perriconemd.co.uk;
Absolute Pearl Comfort Zone Corrector, £32.95 01827 280 080

No 2: Redness Known as rosacea, it results in pores swelling, blood vessels

being prominent, a stinging face and marks similar to acne. It's not totally curable but you can ease the symptoms. Avoid spicy food, alcohol and cigarettes. What to buy:
Ole Henriksen Nurture Me Crème, £40 01273 425262;
Medik8 Red Alert Serum, £28 020 8997 8541

No 3: Discolouration Melasma is the main cause in women of dark skin discolouration. This occurs during pregnancy, when hormonal changes occur and when taking the contraceptive pill. It can also be due to liver or thyroid issues, so consult your doctor. What to buy:
NeoStrata SPF15 Bionic Skin Lightening Cream,

£25 020 7491 0150;
Fade Out Anti-Wrinkle Lightening Cream, £7.95
Boots, Superdrug and leading independent pharmacies

No 4: Dullness There are many reasons why skin can look dull and lifeless. Severe stress or illness, dehydration and lack of sleep can all be factors. The aim is to speed up cell renewal and slough off those dead and dull-looking old ones. What to buy:
Origins Brighter By Nature High-Potency Brightening Peel, £28 0800 731 4039;
Omorovicza Complexion Enhancer SPF15, £72 08456 529 521 cultbeauty.co.uk



Home glow:
ESPA Super Active Skin Brightening Enzyme Mask, £43 0845 6800 772

BEST BRIGHTENING FACIALS

1. **Elemis Tri-Enzyme Resurfacing Facial**, £115 for 1 hour. Widely available, 01278 727 830, elemis.com. This anti-ageing facial layers three enzyme serums to clean and smooth the skin's surface. After a course of six, skin tone should be more even. Noelle Gabriel, Director of Treatment Development, says, "It's important to have a consultation with a trained therapist before embarking on any treatments to deal with age spots."
2. **Yon-Ka Evasion Sensorielle**, £65-£80 for 1 hour. Available nationwide, 020 7518 8370, yonka.com. This treatment uses hand-crafted brushes. The therapist "dances" them over the skin in subtle movements to stimulate nerve endings. This ensures essential oils sink in more effectively; skin glows after the treatment.
3. **The Organic Green Peel**, £50 for 30 minutes at **The Beauty Lounge**, 1 Kingly Court, London W1B 5PW, 020 7734 6161, beautylounge.co.uk. This aims to brighten a dull complexion and a course of five is recommended. Carrot oil, argan oil and olive butter are used for cleansing, then a peel using bamboo stems and pomegranate. This is followed by a massage to make pores ready for extraction. A mask is then applied, followed by a serum for added radiance.

SIX OF THE BEST

1. **Caudalie Vinexpert Riche Radiance Day Cream SPF10**, £35.50 for 30ml, 020 7304 7038, caudalie.com/uk

Key ingredient: Resveratrol – which is derived from vine stalks, to help increase collagen and elastin.

2. **Skin Doctors SD White Advanced Brightening Complex**, £19.95 for 50ml, 0845 612 2070, skindoctors.co.uk

Key ingredient: Indian Gooseberry, a plant native to tropical Southeast Asia that is said to lighten skin and pigmentation marks.

3. **Clinique Even Better Clinical Dark Spot Corrector**, £37.50 for 30ml, 0870 034 2566, clinique.co.uk

Key ingredient: Dianella Ensifolia plant, which it is claimed reduces and prevents the appearance of uneven, pigmented skin.

4. **ARK Radiance SkinResponse Serum**, £34 for 30ml, 020 7938 1898, arkskincare.com

Key ingredients: Red Algae and Velvet Flower Seed to help renew skin and give it a radiant glow.

5. **Lumixyl Topical Brightening Crème**, £72 0113 282 7744, facethefuture.co.uk

Key ingredient: Lumixyl, a synthetic peptide developed by Stanford University in America to help with hyperpigmentation.

6. **Laura Mercier Flawless Skin Tone Perfecting Crème**, £75 0870 169 9999, spacenk.co.uk

Key ingredient: Quercetin Plus, an antioxidant said to brighten, lighten and even out skin tone. ■