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Prevention is
always better
than cure
with skin
damage

Top tips for tackling hyperpigmentation



Correct early ageing signs with Moxi, above, and turmeric soap (right).



Geska gadgets, above, for supercharging your products.



Try products such as La Roche Posay, Hush & Hush, O Cosmetics, and Eucerin.



HYPERPIGMENTATION occurs in a number of ways; sun exposure; genetics; hormonal fluctuations; medications; tobacco smoke, acne, or adrenal insufficiency. Produced in cells called melanocytes, pigments determine the colour of one's skin tone. These cells produce different pigments, one of which is melanin. Its basic function is to protect the skin against UV damage, but when the melanocytes become damaged or unhealthy, hyperpigmentation occurs. Here are my top five tricks for combatting it.

SPF, sunglasses and a hat

Prevention is better than cure, and the most important tip for anyone attempting to tackle hyperpigmentation is to wear SPF (like O Cosmetics Mineral Pro SPF50, RRP €55), even if you stay indoors.

"A hat and sunglasses are also necessary when in the sun," educator for O Cosmetics Ireland Aoife Hoban says. "Your eyes register you are in the sun, sending a signal for pigment to be produced for the skin to protect itself."

Active ingredients

Topical solutions for hyperpigmentation typically work to interrupt the pathways where pigment is produced, namely by inhibiting an enzyme called tyrosinase, which can limit the production of melanin.

A number of skincare ingredients have tyrosinase-inhibiting effects, including some of the commonly used actives you may own already, such as vitamins A and C, lactic acid and retinol. Eucerin recently launched an anti-pigment range, making use of these active ingredients, including an excellent night cream (€24.60, McCabe's Pharmacy) and serum (€32.25, McCabe's Pharmacy) which work wonders through regular use. La Roche Posay's Mela B3 Serum (€45, Boots) also boasts excellent reviews.

At-home treatments

The products you have at home will work better if you supercharge them, which can be done through Geska's latest range of gadgets. Their Sonic Warm & Cool Mask 9 in 1 (€59.95, geska.com) is a pore-opening, deep-warming smart mask which helps to penetrate the skin at a deeper level. It also brings with it full-spectrum LED light technology to fight signs of ageing when used daily.

Professional treatments

While the best cure for hyperpigmentation is generally peel-based, most of us simply don't have the four days needed to squirrel away while mega exfoliation occurs. Ciara D'Arcy does incredibly gentle Biorepeels (€180 each or three for €490, skincoach.ie) in her South William Street Clinic, while

Therapie offers a Clear + Brilliant facial (from €165, therapieclinic.ie) which "utilises a gentle laser to create tiny treatment zones in the upper layers of your skin." Elmeare Tolan, clinic talent development lead for Therapie UK & ROI says. "This process stimulates the body's natural healing response, leading to the replacement of old, damaged skin with fresh, healthy glowing skin." I tried it after a week away, in which my forehead became dark and blotchy, and noticed an immediate clearing following one session.

Moxi (from €600, South William Street Clinic) is considered an excellent choice for correcting early signs of sun damage and ageing. A laser treatment, it delivers non-ablative energy to revitalise skin, regardless of season, age, or skin type.

Tackle your stress

Stress can play a big part in pigmentation issues. Consider a long-form approach to reducing your stressors and your body (and skin) will thank you. Your GP will be able to help you discover what that really looks like, but in the meantime, calming scents usually help those attempting to wind down. Try Janni's soap (€6.90, evergreen.ie) or consider going the supplement route, with Hush & Hush's MindYourMind (€37.50, hushandhush.ie) which uses Chamomile flower, Valerian root, Rhodiola rosea root and Holy basil leaf to set the mind well and truly off to sleep.

Beauty & Style