



New Idea
Magazine

Jan 24/2009

Best Skin Savers



Pigmentation/age spots

The cause Michelle says: 'There are two types of pigmentation. Passive is usually caused by hormonal conditions such as pregnancy, taking the contraceptive pill, antibiotics and medications. Then there's inflammatory pigmentation in which the skin is exposed to harmful sunrays, electrolysis, fragrance or breaks out into acne.'

How to treat it Always wear a 30+ sunblock and look for products that contain zinc oxide, because it will further protect the skin from the harmful, ageing effects of damaging sunrays. Try **Alpha-H Ultra Protector Daily Moisturiser SPF 30+**, \$54.95. A daily application of antioxidants will also help to lighten your existing pigmentation and prevent more melanin from forming. **Alpha-H ACE Vitamin Therapy Collection Kit**, \$99, contains three serums. Alpha A is designed to renew skin cells and even out skin tone. Vital C supplements youthful skin and protects it from free radicals (damaging particles which are found in pollution and UV light). Alpha E protects the skin, speeds up its healing process and provides it with extra levels of hydration.

