

Skin

Your skin behaves differently as you age, so you need to treat it differently.

Regular exfoliation (but not too much!), hydration and highly-active skin care – combined with a healthy lifestyle –
Can help clear adult acne, smooth skin, and brighten skin tone.

More women than ever are experiencing adult acne linked to chronic stress, hormonal changes, lifestyle, and environment.

To keep breakouts under control, focus on managing stress and eating healthy, supplement your skin care routine with the right products, and seek professional advice.

With Hormonal fluctuations Research has linked the sebaceous glands to the endocrine system, referring to the former as the “brain of the skin.” Stress plays a significant role when it comes to hormones. When the body produces excessive amounts of hormones such as cortisol and adrenaline, adrenal glands produce less progesterone – which is a natural anti-anxiety substance. This hormonal shift can lead to an internal imbalance, which may lead to breakouts.

In addition to reducing chronic stress, it may be helpful to track when you experience breakouts. If you notice a regular pattern, for example, breakouts after menstruation or routinely stressful encounters, talk to our Dermalogica skin therapist about how to adjust your skin care routine accordingly.

If pregnancy, or a medical concern arises, talk to your doctor.

Sugar consumption Eating lots of sugary, refined foods could contribute to breakouts by triggering more oil production in the skin. Stick to whole grains, vegetables, and antioxidant-rich foods to help encourage clear skin. You can reduce excess oil with Salicylic Acid and clay-based products like Sebum Clearing Masque.

Lifestyle habits, under-cleansing, wearing tight or itchy clothing, taking certain medications – all these are lifestyle habits that can affect the severity of one’s break-

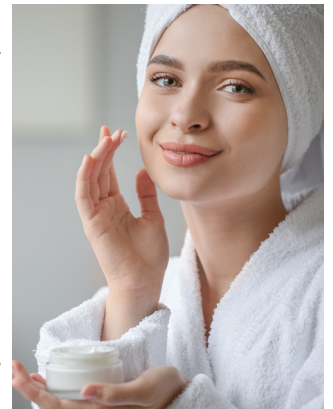
outs. Certain make-up, hair and skin care products can also contain pore-clogging ingredients that can trigger or exacerbate acne.

To help keep pores clear, Double Cleanse daily with PreCleanse and Clearing Skin Wash.

Picking or squeezing breakouts at home can do more damage than good. If you pick at a breakout, you risk adding new bacteria* to the area and damaging the skin. This could cause even more breakouts and skin-aging inflammation, or a scar. Instead, apply a highly active breakout clearing product like AGE Bright Spot Fader or Overnight Clearing Gel to the area and wait it out.

Stress Acne is one of the first signs of a chronically stressful lifestyle. Adult acne is particularly common among women, who are twice as likely to suffer from severe stress and anxiety as men. Chronic stress triggers an increase in stress-related hormones, which send skin’s sebaceous (oil) glands into overdrive and slow down cell turnover, creating the perfect conditions for acne breakouts. Stressed skin also tends to look tired, uneven, and prematurely aged. To reduce the effects of stress on skin, start with deep, slow breathing, which helps decrease tension and anxiety. As you work your way toward a less stressful lifestyle, incorporate preventative measures into your skin care routine such as exfoliation and a weekly masque to help reduce congestion.

- Clean make-up brushes regularly, wash pillowcases



weekly or daily if the skin is uncomfortable and disinfect mobiles daily to help reduce breakout-causing bacteria.

- Avoid ingredients such as Lanolin, Isopropyl Myristate (common in powders), Mineral Oil (which can prevent skin cells from shedding properly) and fragrance (a common irritant).
- Be careful not to wash your face with hot water, over-exfoliate, or treat the skin too aggressively. Such habits can dry out the skin and trigger inflammation, which can lead to wrinkles.
- Keep skin moisturized to combat dehydration, which not only makes fine lines more apparent but also stimulates excess oil production in the skin.
- Avoid pore-clogging, congestion-inducing habits like working out with make-up on and not thoroughly cleansing skin afterwards.
- Practice a healthy lifestyle whenever possible. That means get more sleep, eat a balanced diet, drink more water, limit caffeine consumption.

Do this, and you will be on your way to flawless skin in no time!

To clear adult acne:

First; focus on reducing chronic stress. This is a top acne trigger because it can stimulate excess oil production and hormonal fluctuations as well as impair the skin's ability to heal.

Second; establish a regular skin care regimen that targets the main contributing factors of acne: overactive sebaceous glands (excess oil), cell proliferation (excess dead skin cells), growth of acne-causing bacteria, chronic inflammation, and post-inflammatory hyperpigmentation. (The last one is what causes those stubborn post-acne marks.)

Third; Look for multifunctional products that contain ingredients like Salicylic Acid, which helps clear away dead skin cells; Bentonite or Kaolin Clay, which helps reduce excess sebum (oil); Thymol and Terpineol, which help reduce sebum and breakout-causing bacteria; Niacinamide and Hexylresorcinol, which help fade post-inflammatory hyperpigmentation; and soothing botanicals like Tea Tree Oil and Liquorice.

*

Bacteria: by controlling the lipase activity and the

bacteria on the skin's surface and in the follicle, we can control the source of fatty acids that contribute to irritation.

Cell Proliferation: To control cell accumulation, we need to stimulate natural exfoliation both superficially and in the follicle lining. By exfoliating to remove surface cells that have not been shed, we can help eliminate the impaction of follicles, which triggers the early stages of comedone (spots) formation. Salicylic Acid, Lactic Acid, Sulphur, and Papain are known exfoliating agents.

If you have any questions or need any more information, I have a wealth of knowledge and advice I love to share.

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