

Saving your SKIN

Getting your SKIN looking *TIP-TOP* for your big day is a must. Think of those pictures: they'll last *forever*, after all. Find the solution to every skin foible with our skin boot camp.

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ACNE

Clearing problem skin and any form of acne will take a little time, so it's important to get started on this quickly. "Do not use anything that blocks your pores," says associate professor Greg Goodman from the Dermatology Institute of Victoria. "Everything must say non-comedogenic, non-pore-clogging and oil-free when it comes to your products, from cleansers through to make-up."

Don't be tempted to over-exfoliate or start using masks, as these products won't clear your pores and will simply strip away the protective layer of your skin.

"Opt for topical treatments that include salicylic acid, lactic acid, antibiotics and vitamin A," says Goodman. These products will not only purify the areas where bacteria has accumulated, but also slough away dead skin cells that are the cause of any blocked pores and eruptions.

PRODUCTS TO USE: Rationale Sebocyte Clear Cleansing Gel, \$43; Clinique Anti-Blemish Solutions Cleansing Gel, \$29; Ultracuticals Ultra Clear Treatment Lotion, \$79.



PIGMENTATION

While a consistent use of a good UV-A/UV-B sunscreen is the best method of preventing sun damage, getting rid of pigmentation is a different matter. Boosting the antioxidant levels in your skincare will supplement the protection and help with repair. Goodman says: "Look for reparative agents such as vitamin A or fruit acids (AHAs) to help to disperse pigment, and active agents like hydroquinone, kojic acid, liquorice extracts and azelaic acids will also help to fade discoloration."

If you have enough time before your wedding day, consider a more invasive course of action, such as Fraxel laser, to fade the signs of pigmentation, particularly if it is sun-damage-based. This laser initiates the wound-healing action in the skin and will help to boost the growth of new skin, and fade the darker sun spots.

PRODUCTS TO USE: Dermalogica C-12 Pure Bright Serum, \$133; Sisley Phyto-Blanc Intensive Dark Spot Corrector, \$165; Estée Lauder Crescent White Full Cycle Brightening Moisture Treatment Lotion, \$75.



EMERGENCY SPOT ZAPPING

You wake up after a sleepless excited night of little to no sleep, and there is a blemish erupting on your face.

At all costs, avoid picking it; instead, dry it up with an astringent. Facialist Jocelyn Petroni favours salicylic acid-based formulas to pull the excess oil away.

“Usually if we are looking at treating big pimples before the big day, cortisone injections may be used as an anti-inflammatory treatment,” says Goodman. “Sometimes we even look at giving a brief course of cortisone by mouth.”

PRODUCTS TO USE: Kate Somerville EradiKate Acne Treatment, \$25; Mario Badescu Drying Lotion, \$22; Ultracuticals Ultra Clear Spot Treatment, \$35.



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KERATOSIS PILARIS

This is the spiky-textured chicken-skin effect that sometimes breaks out, most commonly on the upper and under arms. It could also be an area of concern for brides considering strapless or sleeveless dresses for their big day. Thankfully, it is not too difficult to treat.

Take a fragrance-free bath oil and a loofah-type scrub and rub into the bumpy layers of the skin. Goodman suggests a good urea-based cream (such as Urederm, Aquacare/HP or DermaDrate) to apply after the exfoliation. In the evenings,

opt for an ammonium lactate cream for treatment (Lan te or Morphologie are both effective, accessible brands).

PRODUCTS TO USE: Paula’s Choice Resist Weightless Body Treatment 2% BHA, \$35.



EXCESSIVELY DRY SKIN

Avoid the temptation to scrub away dry flaky skin, as dry skin is usually a symptom of stress and scrubbing away and using harsh exfoliating products will just make the situation worse. “Most often, it has been irritated by the environment or from the application of something it didn’t like,” says Goodman. The skin’s outer layer is held in a delicate balance and any loss of hydration will be down to environmental or stress-related factors.

Avoid any harsh products, as your skin is at its most sensitive and vulnerable in this state. It’s important to use gentle cleansers and creams. Resettling the skin’s balance to heal the delicate barrier is key.

PRODUCTS TO USE: Neutrogena Hydro Boost Water Gel, \$25; Chanel Sublimage La Lotion Supr me, \$170.



GETTING RID OF REDNESS

Maintaining the appearance of a serene swan gliding across the floor in your gown is part of the look of a glowing bride ... but sometimes stress-related redness can flare up and ruin this look. Inflammatory reactions to stress in the skin can deplete antioxidants and also effect the cells’ structural make-up. Goodman says the most important thing to do is: “Eat well, sleep well and protect your skin. Stress needs to be handled at its source.” The best ingredients to counter flare-ups are anti-inflammatory. Look for vitamins A, B3 and C and repair the barrier of the skin to prevent any environmental factors from exacerbating this condition further.

Petroni swears by Red-Action from the Ultracuticals Doctors range, which is proven to treat this type of redness and has delivered her fantastic results.

PRODUCTS TO USE: Ultracuticals Ultra Red-Action Complex, \$95.



ECZEMA

Tackling this distressing skin condition well before your nuptials is a good idea, as it takes some time to calm the irritation.

“Eczema needs rich moisture on a regular basis,” Petroni says. “Sometimes taking an oil internally can help reduce and prevent eczema breakouts. I like Udo’s Oil, a delicious blend high in omega-3.”

Goodman adds that sticking to soaps and shampoos that are gentle and specifically formulated for sensitive skin is also essential, while also avoiding stress and staying out of the sun.



PRODUCTS TO USE: Udo’s Choice Udo’s 3-6-9 Oil Blend, \$45; Dr. Roebuck’s Pure Body cream, \$30.

OILY SKIN

Shiny skin is not what you want to be worrying about as you pose for those all-important wedding pictures, so getting the right skincare regimen well before time is key. A lightweight moisturiser is the first step, and Petroni recommends oil-free or powder foundations when it comes to make-up.

Goodman says to avoid any comedogenic products, as these will clog the pores and create more oil. Look for words like “non-pore clogging”, “non-comedogenic”, “non-acnegenic” or “oil-free” to ensure you are getting the products designed specifically for your skin.

PRODUCTS TO USE: La Roche-Posay Toleriane Ultra Light Intense Soothing Fluid, \$39; Paula’s Choice Skin Balancing Oil-Reducing Cleanser, \$42.

