

skin deep

Bride to Be beauty editor Amy Collins-Walker tackles your beauty dilemmas. This issue she explores a condition that plagues more of us than you might think – adult acne

I thought acne only affected teens but I find myself battling it on a regular basis. What can I do?

Once thought of as an exclusively teenage problem, acne can be as significant a dilemma for adults as it is for teens. And with all eyes on you on your wedding day, if you are a chronic or even occasional acne sufferer, it's a problem that would be nice to clear up before declaring 'I do'.

'Late onset female acne can usually be attributed to hormones, but excessive use of clogging make-up and skin-care products may also contribute,' says dermatologist Associate Professor Greg Goodman. And while we should all adhere to a thorough cleansing and moisturising regimen, for acne sufferers it's particularly pertinent.

'The skin has a barrier function and once it's breached it becomes easily irritated and less able to withstand infection,' explains Assoc. Prof. Goodman. 'Scrubbing the skin should be minimised and the drying effects of acne treatments neutralised by light moisturisers and non-soap-based and non-pore-clogging cleansers.'

When purchasing make-up and skin-care products, look for phrases such as 'non-acnegenic' and 'non-comedogenic'. And avoid products pitched at ageing skin, as they'll likely be too rich and will usually exacerbate problem skin.

If your acne is on the more serious side,

a trip to a dermatologist may be in order. 'Creams containing vitamin A, benzoyl peroxide and antibiotics can be effective, while oral antibiotics, contraceptive pills, anti-androgen pills or Roaccutane may be used according to the acne's severity,' explains Assoc. Prof. Goodman. 'Usually a mixture of topical agents and oral medications are combined for best results.'

If your skin suffers from nothing more than the odd breakout, there are several effective over-the-counter remedies available – benzoyl peroxide and salicylic acid are the key ingredients to look out for.

Last-minute fix

Dr Hkeik of All Saints Cosmedical Clinic (allsaintscosmedical.com.au) is the go-to man for an instant zit-zapping fix. 'The blemish is drained and then a small amount of cortisone mixed with local anaesthetic is placed in the centre of it,' he says. The cortisone suppresses the inflammation and dissolves the scar tissue resulting in a flattened blemish more easily camouflaged by make-up. Genius!



Acne REMEDIES

PuraSkin Inside-Out Skin Support capsules, \$79.95 (for three-product acne solution pack). See puraskin.com.au. Dermalogica Concealing Spot Treatment, \$49.50. See dermalogica.com.au. Dermaquest Skin Therapy Clarifying Pads, \$53, reduce congestion with salicylic acid. See dermaquest.com.au. Dr. Spiller Acnoderm Gel, \$90, inhibits bacteria. See omniderm.com.au. Neutrogena Acne Stress Control Power-Cream Wash, \$14.99, prevents breakouts. See neutrogena.com.au