



# Look younger for longer

» with anti-ageing expert **Lesley Reynolds Khan**

## » PIGMENTATION SPECIAL

### How to beat age spots

**D**ark spots can make skin look years older. **Best's** anti-ageing expert Lesley Reynolds Khan tells us how to tackle them...

We tend to think of lines, wrinkles and sagging as the most noticeable signs of ageing, but hyperpigmentation (dark patches and spots on the skin) could be an even bigger giveaway. These marks are often referred to as 'age spots', 'liver spots' or 'sun spots' and affect an estimated 90 per cent of women by the time they reach 60.

Research by P&G (makers of Olay) suggests skin discolorations alone could make us look up to 20 years older.

### » THE FACTS

#### What is it?

Hyperpigmentation is when the skin produces too much melanin (the pigment that causes us to tan). It's most common to see it on the face, décolletage, hands and legs. These stubborn patches are sometimes referred to as melasma or chloasma when due to hormone changes, or solar lentigo when caused by sun exposure.

#### What causes it?

Sun damage is the main cause. The sun's rays cause us to produce more melanin to protect our skin, but too much sun exposure can lead to brown spots that don't fade normally. Other causes include scarring, acne and hormonal changes, such as pregnancy and the menopause.

**Vital ingredients**  
Looking for a product to fight age spots? Try using one containing any of the following: vitamin C, bearberry or mulberry extracts, glycolic, lactic or azelaic acids – my top anti-pigmentation ingredients!



Look after your skin to smile confidently through the years

## » HIGH STREET BUYS



» **BOOSTING**  
**Clinique Even Better Clinical, from £39** Includes vitamin C and blackout yeast extracts to break down pigment, gentle acids to boost skin cell turnover and antioxidants.



» **SOFTENING**  
**Dove Pro-Age Hand Cream, £3.36** Good daily staple if you're worried about age spots on your hands. Wonderfully softening and has lactic acid, which helps to reduce pigment.



» **BRIGHTENING**  
**Fade Out White Original Moisturising Cream, £7.99** Contains niacinamide, which some studies suggest could reduce pigmentation, as well as brightening mulberry and bearberry extract.





## » TRY A TREATMENT

**1 Intense Pulsed Light (IPL) treatment** can help reduce age spots. You are likely to need a course of 6-10 treatments (prices from around £60 per session) for best results. However, it cannot be used on darker skin tones. Laser treatment, such as SmartXide DOT can be effective on all skin tones – three treatments are generally needed, from £150 a session.



Peeling techniques do work but need medical supervision

**2 Chemical peels** work by removing the top layer of skin, to lighten pigmentation. The Jessner's Peel is effective, but you need to be using hydroquinone under medical supervision for a month before and then up to 18 months after. It's suitable for all skin tones and available at selected clinics. With laser treatments and peels there is an increased risk of further pigmentation or scarring in

people with dark/black skin, so talk this through with your cosmetic doctor first.

**3 Prevention** The best way to stop age spots is to wear a broad spectrum (UVA and UVB-protecting) SPF 30 sunblock at all times and SPF 50+ when sunny. Try Avène Very High Protection Cream SPF 50+, £13.50. Avoid sun exposure between noon and 3pm.



## » OR PICK A PRODUCT

Many high street products will result in some improvement with time, but they are unlikely to completely fade pigmentation. For my patients, I recommend **Dermapelan Depigmentation Treatment – a special at-home treatment that uses lactic, glycolic, kojic acids with bearberry and mulberry extracts.** It's not cheap at around £180, but gives fantastic results (contact xxxxx). Products containing small doses (around four per cent) hydroquinone are also effective, but can only be

used short-term and must be prescribed by a doctor. The Obagi system gives impressive results, particularly on dark skin types, thanks to glycolic acid, vitamin C, hydroquinone and retin A (prices start at around £350, [www.obagi.com](http://www.obagi.com)). Steer clear of skin bleaching products, which can be purchased online and in certain shops. They can contain high doses of hydroquinone that should only be used under medical guidance. In my opinion, these products are dangerous, unethical and often ineffective.

**» IMPROVING**  
Olay Definity Intense Repairing Anti-Ageing Serum, £24.99  
Ingredients include a glucosamine complex to reduce age spots and grape seed extract to improve skin texture.



**» BLENDING**  
Conceal FX Camouflage Concealer, £x  
High-coverage concealer blends really well to cover brown spots and imperfections, to leave your skin looking flawless.



**» Lesley is an anti-ageing expert for the Harley Street Skin Clinic ([www.harleystreetskinclinic.com](http://www.harleystreetskinclinic.com))**  
**» If you have a burning beauty question you need answered, email [asklesley@natmags.co.uk](mailto:asklesley@natmags.co.uk)**

PICTURES CAMERA PRESS; GETTY; PHOTOLIBRARY