

LOVE your skin

Even With Pigmentation

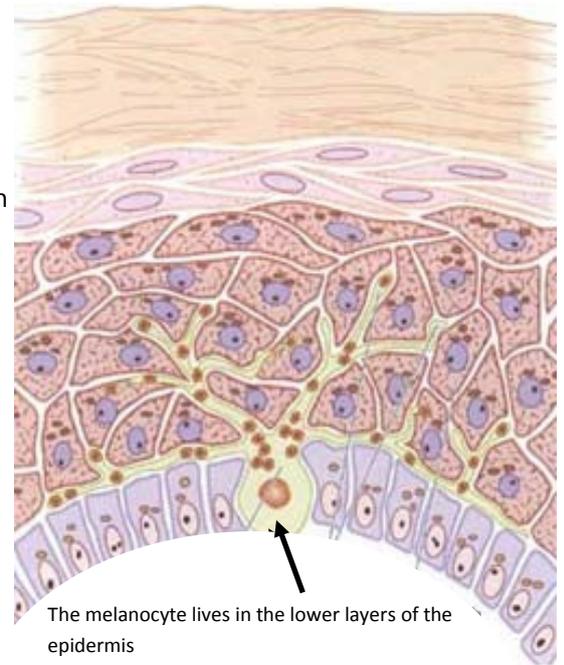
What is pigmentation? Pigmentation is an excess colour in the skin that does not fade away like a suntan. The Melanocyte cell creates a substance called melanin, this makes us go brown in the sun. A sun tan is a protection for the cells of the skin. (mother nature was very aware of the damages of UV light many

years before we realised it.)

When there is cellular damage of the melanocyte and an impairment of the skin barrier combined with internal or external influences, darker patches on the skin appear that do not fade even after your tan has gone.

The Epidermis is a very clever organ, it has made sure your melanocyte cell is safely tucked away deep within this lower layer. As it is impossible to remove the melanocyte cell that creates our pigment, all you can do is look at the internal and external influences that over stimulate the melanocyte cell.

Pigmentation can be very difficult to treat effectively as the causes can be from so many different underlying reasons. Improving cellular health and the skin barrier is very important to improving the condition.



What are the causes? There are various influences that can make the skin sensitive to sunlight (photo sensitivity)

Internal Influences:

- The contraceptive pill
- Pregnancy
- Other hormonal changes
- Certain oral drugs

External Influences

- Topical prescriptive creams
- Skin barriers disorder
- An over exposure to the sun
- Laser / IPL treatments
- Sun burn.
- Picking spots

Preventing pigmentation is very tricky unless you want to live in a room with no windows. Do not be fooled into thinking an SPF can prevent pigmentation as it cannot stop all UV light absorbing into the skin. An SPF is a protection from the sun burning the skin, it does not stop all cellular damage.

Can I treat it? You can lessen the appearance, or prevent it getting worse but it is difficult to get rid of it entirely. (This does depend on the type of pigmentation and the cause. PHI is a much easier pigmentation to treat.) With the correct skin care and treatments and over a period of time you can improve the health of the skin and the underlying cellular damage. Do be mindful of your internal or external influence that could be the case.

LOVE your skin even with pigmentation

How can I prevent it ? In the UK the months to be careful are May to September. You can get a UV index app on your smart phone. If the UV index is 3 /4 then please wear a hat or apply a sun block. Do not think a SPF 50 will block the sun, sun creams only stop the skin from burning not causing underlying damage to the skin cells wear a hat, be sun aware, but do get some sun as it gives us our Vitamin D. It will be impossible to ward off the pigmentation from coming back, while you are being exposed to high levels of UV light.

How do you treat it ? By coming to see us. We will be able to look and feel your skin, offer you a full skin consultation and educate you in how best to look after your skin. With the correct home ingredients that can protect the skin from UV damage, restoring the homeostasis of the skin and slowly improving the health of the melanocyte cell .

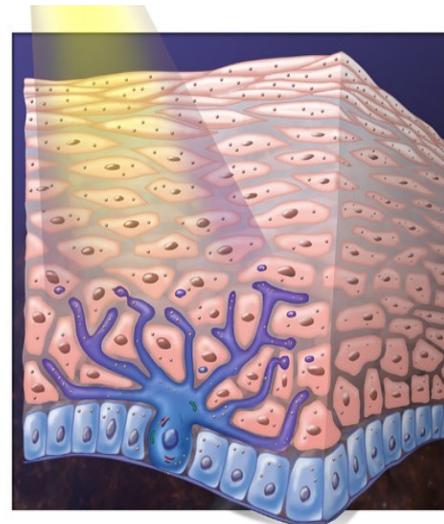
Our aim is to strengthen the skin, build up the epidermis, slowly remove the excess pigment and re educate the melanocyte cell .

We will offer you skin treatments that will help to strengthen and build the skin.

IPL that can mop up the trapped residue of pigment within the skin.

Mesotherapy is a high effective method to re educate the skin cells.

A bit of advice Peeling and Laser can be used but these treatments can be ablative thus meaning they can upset the skin barrier. Just be careful doing any type of ablative treatment in the Summer months as this could cause an other type of pigmentation called Post Inflammatory Pigmentation PIP.



An image showing underlying pigmentation under woods lamps

Types of pigmentation

Melasma /Chloasma

Often women who take contraceptive pills or have an IUD fitted develop or during pregnancy this type of pigmentation. Most commonly affected areas are the cheeks, bridge of nose, forehead, and upper lip

It can become more prominent if the skin is exposed to sunlight; hence often worsens during summer.

Solar Lentigines

Also called sun, age, or liver spots, these are benign flat brown spots that look like large brown freckles. They appear on sun exposed skin, such as the face and back of the hands

90% of fair skinned people over the age of 60 develop this condition. In general, those who are most likely to have solar lentigines are people who have a tendency to sunburn and tan a little or not at all

Post Inflammatory Hyper Pigmentation (PHI)

PHI (post inflammatory hyper pigmentation) usually occurs after an injury to the skin. It can commonly occur after acne spots or other skin lesions, after traumatic skin treatments, such as inappropriate or overly aggressive laser or after over use of some skin care products-particularly those that have been mis-diagnosed for the skin type.



LOVE
your skin
by Face It