

MASTER'S TOUCH *Tips*

A part from a few medical exceptions, pigment spots are really only one thing: a cosmetic annoyance. They are bothersome and ruin the image of a wonderfully even skin. These spots affect the skin precisely where it is seen every day and where it is exposed daily to ultraviolet rays that are present in normal daylight, too. You don't even have to sunbathe to be affected. These rays give the skin colour and a tan. Pure self-protection. Because the pigments formed during this process provide microscopic sun shields to protect the inside of the cells. But when pigment spots form something has gone wrong: in some areas there is a greater production of melanin which, in contrast to a fading tan, can no longer be fully broken down.

ERRORS IN THE SKIN STRUCTURE

Minor weaknesses that occur as we age when errors in the metabolism's skin structure cause problems. The most typical symptom: pigment spots on the back of the hands, which also spread to the face and forearms as we age. People with fair skins are the most prone to this and this predisposition often becomes apparent in early youth. And this is why you have to very carefully protect children's skin in the sun.

Every sunburn is one sunburn too many. But even in adulthood an extreme sunburn can lead to lasting pigment changes – not very dark, but large areas that are hard to treat. A special form of uneven pigmentation is dark spots, caused by pregnancy that can also be triggered by taking the birth control pill. Although they often go away on their own, this is not always the case. This is where consulting a dermatologist is often helpful, for example, the use of medical peels.

WHAT ARE YOUR OPTIONS?

Other than bleaching methods that only a doctor can perform, there are cosmetic substances that slow down the surplus pigment production and are proven to measurably and significantly lighten these spots. However, this isn't a quick fix and you have to have patience and perseverance. Before success is visible, the product must be used twice a day over the course of several months. At the same time, a day care with a high SPF is also recommended. For example, *Traitement Jour SPF 20* from the cell-active care range DERMOSTHETIQUE.



Pigment spots!

They don't announce their arrival, but suddenly they're there. What should you do?

LIGHT AND BRIGHT!
The cosmetic alternative to the laser and chemical peel:
Sérum Dépigmentant by DERMOSTHETIQUE. A plant active ingredient, a special form of Vitamin C and a liposmino acid slow down the pigment production.



UV rays always play a role in pigment spots. However, there is also a wide variety of other causes. These range from the skin's aging processes to hormonal influences.