



LIGHT

YOUR ETHNICITY:
Scandinavian; Northern
European; East Asian
YOUR SKIN ISSUES:
Ageing and rosacea

Pale skin's thin dermal collagen layer shows signs of ageing quicker than other ethnicities. 'Think of collagen as scaffolding,' says skin specialist Dr Terry Loong. 'Without it, wrinkles and fine lines appear.' Paler skin types have a naturally low level of SPF. Your skin's response? To produce pigment (read: sun damage). Cute freckles when you're young, less adorable dark spots when you're old. Porcelain complexion? Layer your SPF sunscreen (yes, even in winter) with vitamin C. 'It brightens, protects against sun damage and promotes collagen production,' says dermatologist Dr Rachael Eckel. Just call it skinsurance. Your other issue is rosacea, which is where the blood vessels of the skin enlarge due to inflammation on the surface. Cue rosy cheeks, large pores, rough skin and spots. It's genetic, but excess oil can make it worse, so thorough cleansing is essential. The good news is that pale skin types can be more aggressive with treatments such as lasers and peels as they're less prone to post-inflammatory hyperpigmentation. So feel free to blast away.

MID-TONED

YOUR ETHNICITY: Latina;
Middle Eastern; Mediterranean
YOUR SKIN ISSUE:
Hyperpigmentation

Unlike paler complexions, olive skin has a built-in SPF of around seven, so wrinkles typically stay away until you're into your forties or fifties (although experts still advise slapping on SPF, even on cloudy days). The not-so-great news is that mid-level pigmented skin ages in a different way. 'This skin is prone to melasma,' explains Dr Rabia Malik, a cosmetic doctor at Grace Belgravia, London. These brown patches of pigment often appear on the cheeks, chin, upper lip and forehead and are prevalent in women in their mid-thirties, who are 10 times more likely to suffer than men*. 'These darker patches have been proven to add around six years to our perception of someone's age,' says Dr Malik. 'Erase them and it's like turning back the clock.' So what's the cause? Sun exposure is one, but studies show hormones can also be to blame: 'With mid-level pigment, a pimple, scratch or an eye-watering wax can cause a dark mark,' says Dr Eckel. If dark hyperpigmentation patches are already a problem, spot apply brightening product, only until you have a uniform skintone.

INVEST IN:

SPF
**ZO Oclipse Sunscreen
+ Primer SPF 30, £41**
Protects against
UVA and UVB and
releases antioxidants
over 12 hours. Slap on
in the morning, then
go about your day.



RETINOID
**NeoStrata Retinol +
NAG Complex, £55**
This anti-ageing
superhero contains
2.5% retinol (just
0.03% has proven
to be effective) yet
won't irritate. Genius.



INVEST IN:

LIGHT LASER PEEL
**Venus Viva laser
session, from £200**
If you want to
go for laser, this
treatment targets
the darkest tissue
to tackle excess
pigment. Clever.



BRIGHTENER
**Medik8 White
Balance Click, £45**
Rich in ingredients
that inhibit melanin,
such as kojic acid.
Think of this as a
DIY dermatologist
appointment.

