



Anti red skin care and sunblocks

Anti red skin care products are those that are designed to calm and camouflage the colour of the skin. Redness can be caused by a number of different things including: sun damage, rosacea and sensitivities. Recommended products for this skin type include the daily use of a broad-spectrum sunscreen, soap-free cleansers, gentle emollients and the use of mineral makeup. Additionally, antioxidants and vitamin E fight free radical damage, contributing to skin rejuvenation.

Antioxidants

Topical antioxidants such as vitamin C + E have been stabilised into useful forms for the skin. These products help prevent damage to the skin by neutralising free radicals produced by pollution, smoking, sun and other environmental factors. Free radicals cause wrinkles, a loss of elasticity and hardening of the skin as well as promoting an accumulation of pigments which in turn produce age spots and darkening of the skin.

Often green tea is suggested for red and sensitive skin because of its anti-inflammatory effect and high efficacy.

Niacinamide is related to vitamin B3 and is part of a family of substances that are critical to the functioning of all the body's cells, including skin cells. These agents are essential for cellular metabolism and cell renewal. It is a substance that is well tolerated by those with sensitive skin and rosacea.

Gentle emollients

Emollients are moisturisers that sit on top of the skin helping reduce skin flaking (often associated with redness). They assist in the prevention of water evaporation from the epidermis, thus indirectly trapping moisture in the skin. Often allantoin, bisabolol and colloidal oatmeal are included for their anti-inflammatory effects and panthenol for its ability to restore the barrier function of the skin

Mineral makeup

True mineral make-up is non-comedogenic, which means it doesn't block pores but allows the skin to breathe. It can be used on sensitive, dry, acne and rosacea prone skins without exacerbating these problems. The ideal mineral makeup's contain a number of ingredients specifically designed to improve the skin; these may include: a broad spectrum sunscreen, zinc, magnesium and some anti-inflammatories.

Soap-free cleansers

These are synthetic detergents or 'syndets' used to clean the skin but differ from soap as they tend to be moisturising. Soap leaves the skin dry as it strips the skins natural oils, whereas soap-free cleansers provide the skin with a fresh oily layer even when they have been wiped off.

Sunscreens

Sunscreen is the most important anti-ageing cosmetic that you can utilise. It allows the skin the luxury of time to repair itself without continued sun-produced injury. There are various bases for sunscreens suitable for specific skin types. Non-comedogenic (non-pimple forming) sunscreens exist for acne patients, more moisturising bases exist for those with dry skin,

while waterproof and high protection sunscreens suit people who enjoy an active, outdoors lifestyle. There are two main types of sunscreens available.

Physical sunscreens - are effective against most ultraviolet and some visible and infrared radiation. They can be made from a number of agents but most commonly zinc and titanium dioxide are used. These sunscreens were once characterised by their visibility to the naked eye but recent advances in micronised and nanoparticle technologies means that often they are now elegant, invisible, high protection sunscreens. These are considered better for red sensitive skin as they reflect UV to some extent whereas chemical sunscreens will absorb the UV producing heat that may irritate a flushing or sensitive patient.

Chemical sunscreens - are those most utilised. For many years these sunscreens only protected against UVB with no effective UVA protection, this was only achieved with physical sunscreens. There is a recent advent of very good long range chemical blockers (Avobenzene, Mexoryl SX) that are effective against the UVA wavelength. When a sunscreen protects against both UVA and UVB it is termed broad spectrum, and it is these broad spectrum sunscreens that should always be utilised.

Sunscreens in makeup - shouldn't be relied on. Unfortunately, the SPF of suncreening agents in cosmetics is not always stated and it cannot be assumed that the makeup will protect you unless two criteria are met: that the SPF is indicated with sufficient value, and that it is broad spectrum. Ideally sunscreen is best applied under your foundation as the application, when mixed into a makeup, does not usually supply effective protection.

Toners and astringents

These should not be used on sensitive or reddened skin.