

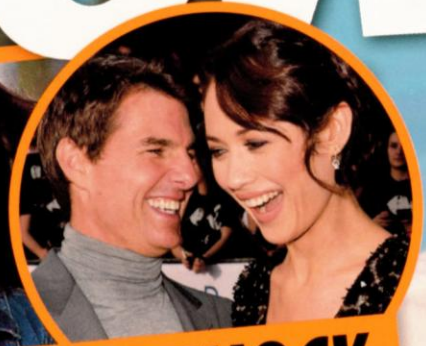
BREAKING NEWS!

MICHELLE BRIDGES  
HER HOT DATES!

DONNA TRIP  
SAD MARRIAGE SPLIT

# View

\$4.20 INC  
April 29



**KATIE'S SHOCK**  
Tom's new love & the  
**EXPLOSIVE  
SHOWDOWN!**



**PETE EVANS  
EXCLUSIVE**

# Love, family & our news

**MKR**  
MY KITCHEN RULES

*Final 5  
dish the  
dirt!*

- Who hates who
- Who's really dating
- Who's lost 10kg

**PLUS!** Win dinner  
Manu's place



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# Help!

NEW *Beauty*

# What can I do about the DARK SPOTS on my skin?

GETTING RID OF DARK PATCHES CAN BE A REAL CHALLENGE. HERE, WE SPEAK TO THE EXPERTS ON HOW TO TREAT AND PREVENT THEM FROM COMING BACK

## WHAT ARE THEY?

Hyperpigmentation is caused when pigment cells get damaged and are stimulated to produce excess melanin to protect your skin. 'The number one culprit is UV exposure from the sun but put simply, pigment cells love chemicals,' explains Emma Hobson, education manager of the International Dermal Institute.

Anything from a fragrance to stress can cause it too.

'A fragrance has chemicals that with sun exposure attract pigment,' Emma explains. 'And when you are stressed you have more chemical hormones in your body.'

This is also the case when pregnant, on the Pill or going through menopause. Even squeezing a spot can cause pigmentation!

'Your immune system runs in with chemical messages to get the inflammation down, stimulating pigment cells,' Emma says.

Pigment cells can also stop producing pigment – known as hypopigmentation – which can be caused by the sun too.

'It's seen as white blotches on forearms and occurs when the cell is so damaged it can't produce pigment anymore,' says Associate Professor Greg Goodman from the Dermatology Institute of Victoria.

## WHAT CAN YOU DO TO PREVENT THEM?

'Once you have it, you have it forever, it's just a matter of treating and controlling it,' Emma says.

'Your number one way to prevent it is using a sunscreen

and I'm a great advocate of not putting fragrance on your skin.'

## HOW CAN YOU TREAT THEM?

'Today's technology offers various solutions,' says Dr Lewinn's Teresa Hryniewiecka.

Quick fixes include laser treatments but the more purse-friendly and less invasive option is using creams, serums and spot treatments to break down melanin to lighten and even your skin tone.

'A few months are required for noticeable results,' Teresa says.

Look for products with the ingredients vitamin A and C, as well as alpha hydroxy acids (fruit acids) to gently exfoliate skin, and always ensure you use SPF 30+ as your skin will be more sensitive to the sun. **NI**



Courtney Cox has made no secret she's willing to try laser treatments for a clear complexion. 'I'm about to do Frazel, which will get rid of all the brown spots off my arms, chest and face,' she told *New You* magazine.

*Be sun smart*  
THERE'S NO SUCH THING AS A SAFE TAN,' GREG SAYS. 'THE SUN'S RAYS HAVE TO BLAST THE CELLS FIRST BEFORE THEY PRODUCE A TAN.' SO WHEN MELANIN COMES TO THE SKIN'S SURFACE, THE DAMAGE HAS ALREADY BEEN DONE.



Los Moches, Inc. Where to Buy: Aveeno (800) 229-9191; Dermagica (800) 695-110; Vanier (500) 679-127; Jurlique (800) 607-000; Palms (300) 659-359; Nevea (800) 103-023; Olay (800) 828-280; Palmer's (518) 919-1918; Pevonia (www.pevonia.com.au)