



CALVIN KLEIN



TROUBLE SHOOTING

Everyone would love a clear complexion, and a bit of know-how will really make a difference to common skin complaints. Make sure you're using the right products to target specific skin concerns without aggravating the problem.

pigmentation

Primarily caused by sun exposure, this can also be a result of genetic factors and hormonal changes. Use a sunscreen daily (try La Roche-Posay, around £14.60) to prevent further dark patches. 'Cleansers with alpha hydroxy acids let subsequent ingredients penetrate the skin better,' says Dr Leslie Baumann, professor of dermatology at Miami University. Try AHA/BHA Exfoliating Cleanser, £23.50, by Murad (29). 'By day, use products with kojic or azelaic acid to block pigment production,' says Baumann. Try Intensive Holistic Lightener, £50, by DDF (30). 'At night, use a retinol cream to repair the skin, like Retin-Ox Night Cream, £24.95, by RoC.' Try a roll-on like Precision Dark Spot Corrector, from £33, by Chanel (31) to target specific patches.



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CHANEL

Baumann. Try Ceramide Moisture Cream, £44, by Elizabeth Arden and Rose and Chamomile

the American Academy of Dermatology. 'Using a sunscreen with SPF 30 and vitamin C will help stimulate collagen and elastin for supple skin.' Try Vitamin C Serum, £40, by Ren (28).

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cheeks. Try a cream cleanser and a moisturizer with hyaluronic acid and fatty acids,' says