

# How to improve uneven skin tone & texture



Let's face it I don't think anyone out there likes sagging skin, fine lines, dull hair and wrinkles. We have chased the proverbial Fountain of Youth, experimented with portions, needles, tricks and gone to extreme lengths to uncover the secrets of looking young, bright and beautiful forever.

I know a lot of us are dealing with the effects of hyperpigmentation, it's all too common especially if you endured acne in your teens, hormonal changes due to pregnancy or neglected to use sunscreen, these are more of the reasons your skin will have patches, and show early signs of aging.

The great news is this guide will walk you through everything you need to know, the way your skin works, the tell tale signs and all the treatment options you should explore. Every woman wants to know how to remove these marks on her face quickly and get an even tone and glowing skin.

*Pro Tip:  
Achieving flawless skin can seem daunting and expensive, but don't be tempted to cut corners, in skin care slow and steady wins the race.*





**Pro Tip:**

*It is a full time job taking care of your skin.  
Get professional help, from an esthetician  
and or a dermatologist.*



# Hyperpigmentation

The number one cause of hyperpigmentation is sun damage. When triggered by harmful UV rays, cells in the skin respond by producing more melanin which acts as a natural sunscreen, the overproduction of melanin causes dark patches on the skin.

When hormone level goes up and down, side effects change in pigmentation known as melasma. Melasma can also be seen in women using birth control, men and women in hormonal therapy. Extra hormones stimulate the production of melanin. If you notice darker patches on the cheeks, forehead or around the skin, this type of hyperpigmentation might resolve itself with only a little intervention.

When the skin is injured part of the healing process is an inflammatory reaction, over production of melanin which results in a darkening of the skin we call this; Post inflammatory hyperpigmentation (PIH)

My first skincare routine was to deal with teenage acne, all forms of pimples and cysts had permanent sites on my face. To deal with this my routine was the full squad. I cleansed with a foamy Tea Tree facial wash twice daily, exfoliant was Apricot and Jojoba beads with salicylic acid, benzoyl peroxide spot cream, oil free moisturizer and a sulfur night cream.

Was it a perfect solution? Did I cure my acne, actually the skin I got in my 20's is a testament to how I treated my teenage acne. I had a more responsive skin in my 20's so I enjoyed a more flawless skin. I had also gained much knowledge and learnt a few tricks.

## **Hyperpigmentation comes in different forms**

- Post- Inflammatory hyperpigmentation
- Age Spots
- Melasma
- Sunspots

# What your skin needs

Now that we understand the meaning and causes of hyperpigmentation on our skin, here is how we can treat hyperpigmentation in different ways.

**Retinoids:** Retinoids are Vitamin A products that can penetrate deep into the skin and restrict melanin production. They also boost cell turnover to reveal fresh, more even-toned skin.

**Vitamin C:** Another ingredient you will want to add to your skincare routine for battling hyperpigmentation is Vitamin C. This antioxidant is effective for hyperpigmentation and a whole range of solutions. Vitamin C reduces wrinkle formation by improving collagen production and provides extensive protection against harmful UVA/UVB rays. Vitamin C also defuses free radicals and reduces oxidative stress produced due to harmful pollutants. So, we should never forget to add Vitamin C to our skincare regimen to get soft, younger, and healthy skin.

**Exfoliation:** Gentle exfoliation can help lift dead skin cells from the surface of the skin. Exfoliation increases cell turnover causing pigmented cells to slough off to the skin surface and heals acne scars.

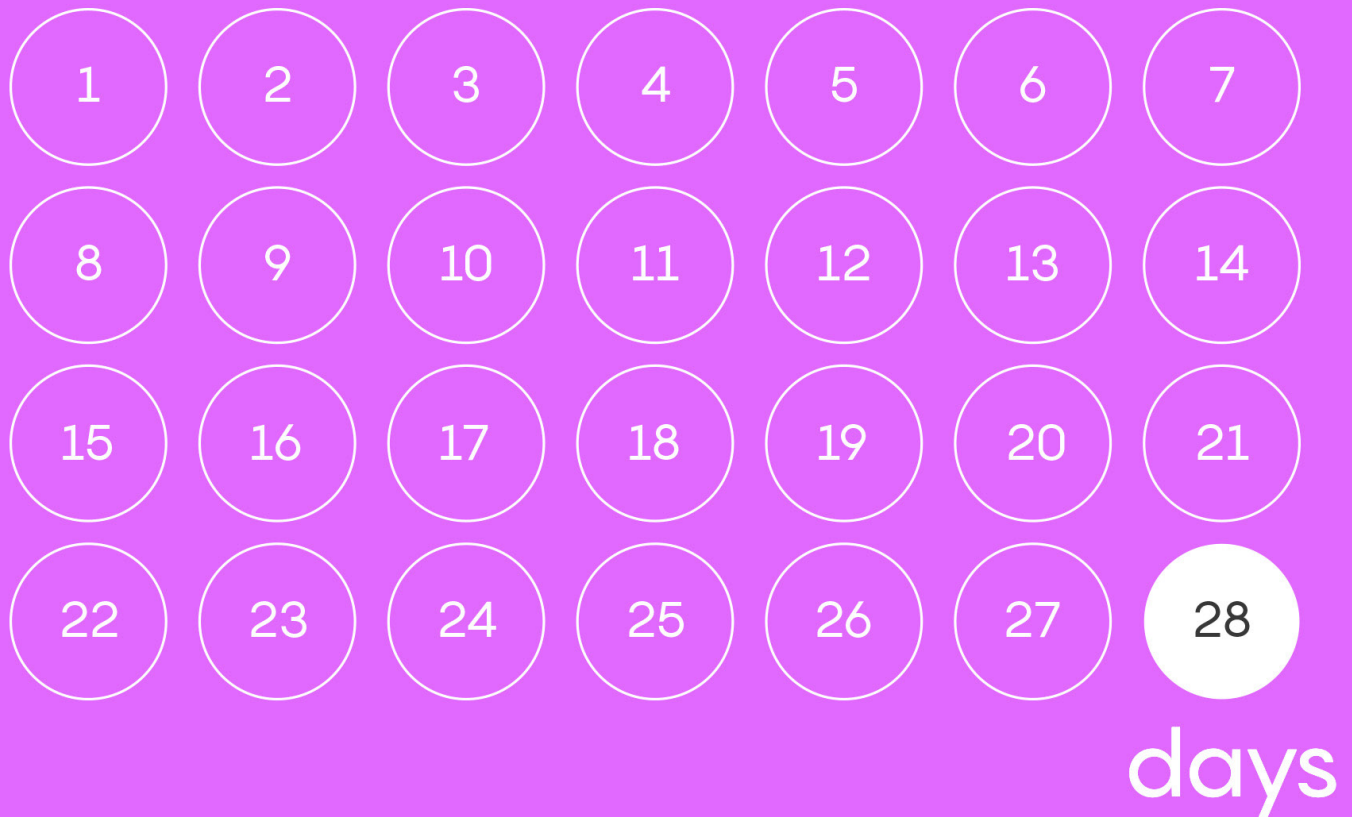
**Sunscreen:** Darker skin tone has built-in sunscreen, making it difficult for UV rays to pass through. However, UV radiation can cause skin damage to both fair and darker skin tones. So, wearing sunscreen is a must for everyone. Especially if we want to keep hyperpigmentation at bay, sunscreen can protect our skin from the sun's harmful UV rays. So, it is essential to wear a good quality sunscreen that offers UVA and UVB protection with an SPF of 30 or higher.



**Pro Tip:**

*Don't be tempted to cause irreversible damage to your skin. Do not bleach, Do not over exfoliate.*

# your skin renews every



## skin renewal is the fountain of youth

The skin cells have a natural renewal process that takes between 28 to 40 days. In this time new cells formed at the lower layer of the cell structure travel to the uppermost layer.

Can you support this process, YES, is that the secret to beauty inside out YES.

Exfoliation is the removal of dead skin cells at the uppermost part of the skin structure. Imagine all that new skin cells journey to the top and then not get a royal welcome, the dead skin on top is still sitting pretty.

Ensure that you exfoliate regularly. Use extremely mild exfoliants and light peels as opposed to stronger products. Over exfoliation damage, the skin triggers Inflammation and weakens the skin moisture barrier function. Choose your exfoliant with care and it should match your skin type and be evaluated regularly.





## pls how much?

When one part of the skin looks darker than the surrounding area, it can be a constant source of stress, and getting rid of these hyperpigmented patches can be easy or frustrating, depending on the cause.

It would also be helpful if you can plan and cost the treatment. You can buy radiant skin with your coins, and whichever path you choose to explore you will also need time and dedication if the best results are to be achieved.

Treatment aim is always to remove the dark areas and return your skin to its former glory. The simple way to explain the process and understand why cost varies is the approach

1. By slowing down the production of melanin
2. Getting rid of already synthesized melanin through chemical and physical exfoliation
3. Stopping the release of melanin at cellular levels.

All of these approaches will brighten the skin or reduce irregular melanin production.

Chemical Peels; at the med spa or doctors clinic you can use acid to remove the top layers of your skin, aiding regeneration and treating uneven skin tone. The most commonly used acids are Lactic & Salicylic acids. Prices for professional service starts at \$500

Diamond head Microdermabrasion; abrasive substance is targeted on the surface of the skin to remove dead skin cells. This process also boosts cell renewal and collagen production. Multiple sessions will be required and start from \$100

**Intense Pulse Light Therapy;** light energy penetrates the skin, reaches melanin, which is broken down by heat. The pigment is then eliminated through the lymphatic system or reaches the surface of the skin as scabs. <multiple session will be required and start from \$70

**Home Remedies;** All-natural ingredients can work wonders for your skin. If you have the right knowledge you can save \$\$\$ using home remedies. Our Game Face oil is a blend of natural oils based on an ayurvedic formula. Baobab oil, which is packed with vitamins C and anti-inflammatory qualities. Frankincense is sap that has been drawn from the Boswellia tree and then dried as a powerful antioxidant. It also promotes cell regeneration by reducing the action of free radicals.

Other natural topical anti-aging remedies to experiment with include:

**Papaya:** Its high content of carotene and vitamin C work as a natural exfoliant and moisturizer to lighten skin and minimize the appearance of age spots.

**Avocado:** Packed full of vitamins A, B, D and E, as well as potassium, healthy fats and natural oils, avocados can even help treat eczema, red spots and sensitive skin.

**Honey:** Chock-full of antioxidants, honey also contains antibacterial properties, making it a gentle everyday moisturizer.

***Pro Tip:***

*You will need at least 8 weeks of daily use to see results from natural remedies.*

## REFERENCES

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How to  
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