

Make over

Happy in your skin?

Rouge readers and working women facing distinct skin problems get their queries answered...

>> SAVIA RAJAGOPAL

My skin is oily. But if I don't use a moisturiser, it gets too dry. And the greasiness increases when I apply moisturiser. What should I do?

Gautami Sharma, 26, media professional

Solution: You have combination skin. Skin gets affected by lots of external factors such as humidity, cosmetics, pollution etc. It is difficult to suggest a single round-the-year solution. It needs to be taken care of according to the season. Always use a face wash on the face, instead of soap. An oil-free water based moisturiser will suit your skin type. In monsoons, keep dabbing the facial skin with a little translucent face powder to control the grease.

I am a regular smoker and this is taking toll on my skin. What can I do to reduce the impact of smoking?

Shreema Gopalan, 23, client servicing

Solution: Smoking destroys the collagen of the skin as well as the Vitamin C and other nutrients. Collagen adds to the firmness of skin and Vitamin C helps in skin rejuvenation. Take high doses of Vitamin C 2000 mg and Coenzyme Q10-100 mg daily orally. Also, use a sunscreen of SPF 25 every morning and apply Vitamin C serum on your face in the night.

I have severe pigmentation marks since my first delivery. How do I get rid of it? Is there any correlation between childbirth and pigmentation?

Debanjana Bose, 31, financial advisor

Solution: You have developed a condition called melasma or pregnancy mask which must be on both your cheeks. If that is the case, it is definitely a hormonal one, which responds very slowly to treatment. There is a definite relation between childbirth and this condition. It gets darker in sunlight. So, sunscreen is a must for you. Also, use lots of skin lightening ointments like kojic acid, hydroquinone, Vitamin C, arbutin etc. at night specifically on the patches. Consult a doctor for skin polishing, peels and lasers.

I have white patches on my upper arms and I'm not sure what caused them. I have tried using creams, but in vain. Is there any remedy?

Smita Sejwani, 25, BPO

Solution: Though the term 'white patches' is scary, the commonest cause especially in the area that you mentioned, is cause due to the exposure to sun. This condition is called PLE (Pleomorphic light eruption). Opt for a broad spectrum sunscreen. Also, try and wear long-sleeved clothes. If there is itching or redness, use a mometasone ointment at night mixed with a moisturiser. Avoid hot oil massages or sauna steam for some time. Seek help of a dermatologist, if the problem persists.

