

Tips to deal with spots

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THAT awful moment when you look in the mirror and realise you've got a spot! Here are some tips on how to deal with it swiftly and safely.

First, don't start pouring on toothpaste, lemon or any other "Internet recommended hack". Although it is tiny, you are dealing with an open wound. Toothpaste, for example, will irritate the skin, drying it out and make matters worse. So only use appropriately formulated products.

Secondly, clean the area gently with a facial soap. Pat dry carefully. You need to treat the skin gently because it is delicate. Being rough can lead to scarring.

Third, apply an over-the-counter product that contains benzoyl peroxide or salicylic acid. These products work to reduce and prevent, so it's a double whammy. It also helps to use a non-comedogenic moisturiser as it's specially formulated to prevent blocked pores.

Once you've done this, leave it alone to heal. If you have to go out and it's just too awful to leave it untouched, buy a good concealer. Choose one that goes with your natural complexion and apply very lightly with a cotton bud.

Tip: Men, this works for you too. Just put on a tiny dab. Or try



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a tinted moisturiser.

Finally, if you have recurring issues with spots, consider this.

- A fringe and bangs can irritate the skin, especially if you have thick hair that's blunt cut. If this is you, a hairstyle change might be in order.

- Exfoliating too often can damage the skin. If you are scrub-happy, tone it down for a few weeks and see what happens.

- Tea tree oil products kill bacteria, and so can help boost prevention. Finally, if your skin really bothers you, go and see a dermatologist. They're good value and they can advise you on remedies that you can't buy over the counter.