

The Sunday Telegraph

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body + soul

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HOW MUCH
SHOULD YOU
TRUST A SOCIAL
MEDIA HEALTH
'EXPERT'?



PROVERBS
TO LIVE BY

HOW TO BUY
THE RIGHT
WORKOUT
SHOE

MINIMISE
YOUR PORES

COPE WITH
DEPRESSION
AT WORK

LIFE IS
SHORT.
BE GRATEFUL
EVERY DAY

...AND REMEMBER THAT A LITTLE
CELLULITE NEVER KILLED ANYONE

Sally Obermeder on
thriving after cancer,
surrogacy, and the upside
of devouring vegetables



PHOTOGRAPHY: ISTOCK

through the pores to keep skin supple. However, if the glands produce too much oil and it mixes with dead skin cells, it can clog the pore, and the resulting build-up can force the pore to enlarge.

"Age also affects pore size," Beeby says. "As we get older the dermal structure of skin begins to break down, and collagen and elastin start to deplete. As we lose the dermal support, pores on the surface of the skin appear larger."

Other causes include sun damage, which impacts the collagen, reducing elasticity and increasing pore size, and dehydration, in which moisture-deprived cells flatten, making the pores appear larger. "These varying contributing factors make open pores a particularly difficult skin condition to treat," Beeby says.

DAILY SKIN SAVERS

To prevent and improve pore enlargement, a good skincare routine is essential, Beeby says, and this should include products that treat the skin's epidermis, the top layer, and the dermis below. She advises cleansing morning and night to remove excess oil and grime; using a serum to refine the skin's surface; exfoliating once or twice a week to remove stubborn dead skin cells; and using a moisturiser morning and night to keep skin hydrated.

"Products that contain vitamin C (L-ascorbic acid), vitamin A (retinol), AHA (alpha hydroxy acid) and BHA (beta hydroxy acid) are essential for creating healthy skin," Beeby says, adding that a daily sunscreen is also crucial.

PRODUCTS TO TRY

Ultracuticals Even Skintone Serum (\$106, 1800 355 890)

This has AHAs, BHA and bearberry extract to gently resurface skin for a more radiant complexion.



La Roche-Posay Redermic R (\$59.95, 1300 101 411)

This moisturiser is formulated with retinol, and lipo-hydroxy acid for refined-looking skin. It's important to follow guidelines about UV exposure.



Natio Renew Radiance Exfoliator (\$17.95, (03) 9415 9911)

This non-abrasive gel contains AHAs and vitamin C.

Neutrogena Pore Refining Daily Cleanser (\$14.99, 1800 678 380)

This facial cleanser is formulated with AHA and BHA.

PROFESSIONAL TREATMENTS

Skincare expert Melanie Grant says professional resurfacing therapies are the most effective treatment for reducing pores. Microdermabrasion is a pain-free technique that offers a deeper exfoliation than you can do at home and costs from about \$100 per session. Omnilux uses very intense light to stimulate collagen and improve skin health; sessions cost from \$90. Fraxel directs an intense laser into the skin to stimulate new collagen fibres. It has noticeable results but there can be redness and peeling after a session, which cost upwards of \$800.

HOW TO ERASE PORES

We chat to the experts about how to prevent, treat and conceal this common skin issue

Wrinkles and fine lines are easier to bear as they're an expected sign of ageing, but enlarged pores are another story because they can really ruin your complexion.

Every face has thousands of pores, which have functions that range from

excreting sweat and oil to providing a home for a hair follicle.

"Pore size is dependent on intrinsic factors including hormones, food we eat and the heat of the day," Tracey Beeby, Ultracuticals' head of education, says.

Hormones regulate the oil glands, which produce the oil that passes

MAKE-UP MAGIC

To camouflage enlarged pores, try one of the new primers that are used on top of moisturiser and underneath foundation to create a smoother surface. You only need a small amount, and keep it to the areas of really enlarged pores such as your T-zone. If you have unsightly pores over a larger surface, opt for a CC (colour corrector) cream or mousse that will smooth out the skin for an even-looking complexion. CC creams can be used either on their own or under your foundation. There are also pore-minimising foundations if you want extra coverage.

QUICKLY minimize PORES
the PORE fessional
200 hours to minimize the appearance of pores

PRIMER
Benefit The Porefessional Face Primer (\$53, (02) 8353 5000)

FOUNDATION
Clinique Pore Refining Solutions Instant Perfecting Makeup (\$50, 1800 556 948)

COLOUR CORRECTOR
Shu Uemura PoreEraser UV Under Base Mousse (\$48, 1300 651 991)

little green
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