

Style:

ZOE TAY

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Cameron, Nicole, Lindsay

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COOL NEW MAKEUP

25

RUNWAY LOOKS TO RECREATE AT HOME

Problem:

Adult Acne

The Solution:

If your acne is serious, see a dermatologist immediately to prevent permanent scarring. Treat mild or occasional breakouts with a topical anti-acne formula containing anti-bacterial agents, such as salicylic acid, which are mild yet penetrate deep into the pores. Modern acne creams also contain hydrating ingredients to avoid drying out the skin, a common occurrence with formulas containing harsh benzoyl peroxide.

For long-term relief, it's also crucial to treat the underlying causes of acne. Seek out ways to reduce your stress levels, like signing up for yoga classes or taking up a hobby. Always remove makeup thoroughly (we recommend a good cleansing oil that doesn't contain mineral oil, like Fanc! Mild Cleansing Oil) and exfoliate regularly to prevent a build-up of dead skin cells. Switch to mineral makeup as its particles do not clog pores and allows skin to breathe.

"Invest in a HEPA air filter for the bedroom. If possible, use a stand-alone humidifier to keep skin from becoming dehydrated and irritated," advises Dr Patrina Wong, medical director of LinC Aesthetic Clinic.