

Code **RED**

Heat rash, hypersensitive skin and blotchy skin – JASMINE ALIMIN asks the experts how to fix bad skin.

Fix it

To save bad skin, **aesthetic doctor** Dr Patrina Wong (right) says avoid harsh treatments like high-concentration acid peels, excessive scrubbing or DIY masks that generate extreme temperatures of hot or cold. Also avoid hot drinks, spicy food, and alcohol.

- **Use mild, non-medicated cleansers** “They help minimise irritation,” advises Dr Wong.



See the doc if...

- Skin flushing is due to an allergic reaction. If redness is due to an activity like exercising or drinking, you can take an oral antihistamine an hour before you hit the gym or bar. But don't pop the pill after drinks or you could get terribly sleepy and court danger in the pub, warns Dr Wong.

The triggers

- Rough exfoliators and granular scrubs
- Prolonged physical activity
- Cold or humid weather
- Long hot showers
- Alcohol
- Caffeine
- Spicy food
- Anxiety

