

What is skin pigmentation all about?

Flawless, porcelain skin and a bright complexion clear of blemishes or brown spots: for most of us, it's a pipe dream. We all have spots we'd like to improve upon, whether they are freckles, age spots or other forms of hyperpigmentation such as melasma.

Before learning different ways to lessen or eliminate skin blemishes, it is important to understand what they are and what causes them.

Freckles are extremely common — more so in the summer and on individuals with fairer skin — and can be caused by numerous different factors, including genetics, disorders marked by an extreme sensitivity to sunlight or sun exposure. They are generally small brown spots and are most commonly found on the face, neck, back and arms. Freckles themselves are usually harmless, although people who freckle easily may have a higher risk for skin cancer.

Age spots, sometimes called liver spots, are caused by long-term unprotected exposure to the sun, which causes changes in the color of the pigment in the skin. They are most frequently found on the hands and forearms. Age spots are not dangerous and have nothing to do with the liver, nor do they indicate disease.

Hyper pigmentation is a darkening of the skin due to a change in melanin, which is what causes the color of a person's skin, also called pigmentation. It can be caused by disease, but most women become familiar with hyper pigmentation during pregnancy or during the use of oral contraceptives, when hormonal changes can affect the melanin. This form of hyper pigmentation is called melasma, or "the mask of pregnancy" and often occurs on the cheeks, upper lips, forehead and nose. Although it is a hormonal condition, melasma can be exacerbated by the sun, and it

often goes away after pregnancy or after the cessation of oral contraceptive use.

While none of these conditions are in and of themselves dangerous, there are many other more serious skin conditions that often can be mistaken for these innocent blemishes. For this reason, it is extremely important to consult with a dermatologist before embarking on any skin lightening regimen so that he or she can confirm that the spots you are trying to fade are not an indicator of a more critical situation. In addition, pregnant women should see their doctor before doing any skin lightening, as many of the active ingredients in skin lightening products may not be safe to use during pregnancy.

Prevention

The easiest way to prevent or lessen the risk of freckles, age spots and/or hyper pigmentation is to use a sunscreen with a sun protection factor (SPF) of 15 or higher at all times.

Mesoestetic Cosmedics Products have several products that make using sunscreen a great deal easier.

Treatment

If you already are seeing signs of freckles, age spots and/or melasma, take heart. There are numerous at-home treatments out there that can reduce the appearance of these blemishes.

Mesoestetic Cosmelan Cosmelan 2 - Maintenance Depigmentation Cream: A lightweight cream for diminishing hyperpigmentation.

Cosmelan 2 is an extremely effective lightening cream designed to reduce hyperpigmentation. It will help to restore radiance and clarity by softly removing uneven pigmentation. It is created to be used as a maintenance cream following the professional application of Cosmelan 1. Its smooth texture melts comfortably into the skin, providing

moisture as it renews the skin, leaving it brighter and evenly toned.

Clinical treatments

There are many clinical treatments on the market which also effectively deals with pigmentation and skin lightening such as chemical skin peels, IPL skin rejuvenation and other vitamin c based skin treatments.

However before trying any clinical treatments one must remember that pigmentation and skin lightening does not work over time you need to allow a minimum of 6 weeks before you start seeing results.

Melanogel touch (roll-on), one of the most recommended and effective skin lightening agents. When used in a regimen with sunscreen, the gel gradually lightens freckles, age spots and melasma.

A few tips for at-home skin lightening:

1. These treatments dramatically increase the skin's susceptibility to sun damage, so always use a sunscreen with an SPF of 15 or higher; some dermatologists even recommend an SPF of 30 or higher.
2. Because of this increased sensitivity to the sun, it is recommended that these treatments be used at night. Apply approximately 30 minutes before bed time so that the lighteners have time to absorb into the skin.

For further information please visit
<http://www.naturaldefine.com>