



HOW TO SORT OUT BAD SKIN

— for good!

From blackheads and bumps to oil slicks and acne, we've got the best advice and products to help you conquer your worst skin nightmares

WORDS AND STYLING KATE TURNER, PHOTOGRAPHY GAVIN O'NEILL

"WHY DO I STILL GET ACNE?"

Well, you're not alone. Adult acne is on the rise and most of us, including beauty editors, are still caught off guard by random breakouts that always happen at the worst moments! While most acne is down to genes, there are, according to UK trainer for Jan Manni, Yonnie Butt, new triggers in our modern lives that include poor diet, stress and hormonal surges. Facialist Sarah Chapman agrees: "I'm seeing a lot more people with stress-related acne. Stress releases hormones that can enlarge the sebaceous glands and flare acne." Tackle the underlying causes of your flare-ups and you can clear up your skin in a matter of weeks. >



exacerbating the problem," says Sarah Chapman. Funnily enough, moving to a gentler cleansing regime often seems to ease the problem.

• **Oil can be your friend.** "Against your instincts, use an oil-based cleanser," advises Sarah. "The oil will have a natural affinity with your skin and be more readily absorbed into the pores, releasing

trapped sebum." Try **Origins Clean Energy**, £15.

• **Oily skin still needs moisture.** "Use a vitamin A-based moisturiser, which helps balance sebum secretion over time," says Sarah. Try her **Skinesis Dynamic Defence SPF15**, £42.

• **Clay masks do work.** But only if you use them twice a week, rather than just when

you remember. We like **The Sanctuary Warming Charcoal Detox Mask**, £8.97, with purifying charcoal and oil-mopping kaolin clays.

• **Take precautions.** If you suffer from serious oil slicks by midday, apply **Murad Oil Control Mattifier**, £29.50, under your makeup, which prevents excess surface oil by up to 78% for eight hours.



Sarah Chapman Skinesis Dynamic Defence SPF15, £42

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