

# Hyperpigmentation of Skin

**At Eclipse Hair Design & Day Spa we want to make one thing perfectly clear...your skin.**

One of the main skin disorders that affect people in the Caribbean is hyperpigmentation (uneven skin tone and dark spots). Many skin problems and medical conditions can lead to hyperpigmentation including the aftermath of acne, razor bumps, chemical irritation, eczema, electrolysis, allergic reactions, abrasive scrubs, certain medications, oral contraceptives, pregnancy, obesity, thyroid disease, waxing, sunburn, insect bites, tampering with the skin, tweezing, surgical procedures and the list goes on.

Hormonal and post-inflammatory hyperpigmentation can be improved dramatically with light acid peels, conservative use of topical alpha hydroxy acids, and retinoids in formulations containing hydroquinone and other brighteners, sun avoidance and diligent use of non-comedogenic full-spectrum sunblock suited to your skin type.

When researching different treatments to help alleviate your hyperpigmentation problems, you will see the name "hydroquinone" appear quite often. Hydroquinone is a 2% skin lightening gel or cream, indicated for the gradual lightening of hyperpigmented skin conditions such as acne spots, freckles, and age spots. Hydroquinone contains sodium metabisulfite, which can cause allergic-type reactions in certain susceptible people. The overall prevalence of sulfite sensitivity is low and is seen more frequently in asthmatic people. Always do a patch test on your skin and wait 24 hours to see if you are sensitive to any new skin care product.

Skin lighteners, and brighteners (which are hydroquinone-free for those with sensitivities) both contain the skin smoothing, penetrating capabilities of glycolic and lactic acids; the clarifying and skin brightening properties of kojic and azelaic acids; and the free-radical vitamin C. The new hydroquinone-free brighteners may be used if you are allergic to hydroquinone, or after the maximum benefits of a three month treatment cycle of a 2% hydroquinone lightener is completed.

***The key to controlling hyperpigmentation*** includes addressing specific lifestyle and medical issues. Hormones, pregnancy, unchecked acne flare-ups, sun exposure, over scrubbing and allergic reactions are only a few of the many factors that can make or break any dark spot lightening program. The exact cause of the skin disorder, and the aggravating factors that worsen it, must be addressed before pigmentation problems can be improved.

For maximum results it is important to get regular treatments and peels every two weeks and get refills on your products before you run out so you don't have to start all over again. Always remember to avoid the sun. Remember that the sun will penetrate your car windshield and even the clouds on an overcast day so never leave the house without your sunblock!

Peter Thomas Roth Clinical Skin Care is a skin care line developed for problem skins that include hyperpigmentation and acne. This line is known throughout the Caribbean for its effective treatments and home care products.

For more information on hyperpigmented problem skins, please call Tricia or Edita at Eclipse Hair Design & Day Spa – **945-1188**.