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DARK SKINS ARE ALSO PRONE TO SUN DAMAGE. ALTHOUGH THE SUN DOESN'T CAUSE SUNBURN, ITS RAYS ARE STILL PENETRATING THE SKIN AND CAUSING CHANGES TO CELLS DEEP BELOW THE SURFACE

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ENLARGED PORES

Dr Maureen Allem comments that genetics and age are the main factors contributing to large pores. “Generally, people with naturally thick and oily skins tend to have larger pores. Sun damage and aging further create large pores, due to decreased skin elasticity. The skin thickens, which causes tiny cells to gather around the edges of the pores and make them look bigger.”

She adds that blocked pores also contribute to pore size – when pores are clogged by dirt and bacteria, or blackheads, oil accumulates in the pores, which causes expansion of the pores.

TREATMENTS:

Chapman says any treatment that exfoliates the skin will help to reduce the size of pores. Treatments include chemical peels and microdermabrasion. Collagen-building treatments such as Fraxel laser also help to tighten pores. Even deeper treatments, which target the dermal layer under the epidermis (such as Ulthera), have a pore-tightening effect.

Allem lists several things that can be done to reduce pore size:

- Regular cleansing of excess oil and bacteria with a low-strength face wash containing alpha HA, beta HA or poly HA.
- Regular exfoliation – either at home or through professional treatments such as microdermabrasion or peels.
- Any treatment that increases collagen content of the dermis. These could include laser combinations of collagen-inducing treatments such as Miracu threading, Titan, Laser Genesis or Pearl laser.

Salon and spa-based treatments should always start with an analysis of your individual problem; your therapist will then offer a solution and treatment that will address it. Salon-based treatments for skin include cleansing, acne and large-pore treatments, hydration, anti-inflammatory and age-prevention treatments.



DR V CHING

WATERFALL CITY HOSPITAL, MIDRAND
(011) 304-7888/9
INFO@PRECISION-AESTHETICS.CO.ZA

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INFO@ANA CLINICAL.CO.ZA
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SOLUTION:

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