

SKIN SOS

One spot too many? Rest easy, there's a new wonder treatment that promises to cure bothersome blackheads and pimples leaving you with a complexion that you won't want to hide under a paper bag

For countless numbers of men in their twenties, thirties and even forties, acne is still a real issue: 85 percent of men aged 18-24 experience acne and 25 percent of adults remain cursed with skin problems. In fact, even men who escaped the dreaded pimples and pustules during their teens can develop acne as adults. And for moderate to serious acne – where the cause lies with hormonal activity and the regulation of the skin's oil glands – applying topical creams and other lotions just won't cut it. If you've tried an endless array of lotions and potions and find your face still marred with consistent acne then a visit to Dubai's Aesthetica clinic may be the next step, especially as they now have the latest wonder treatment for acne: isolaz photopneumatic therapy. A hit stateside, the laser-based treatment boasts 88 percent clearance of acne and is safe and painless.

"Nowadays, a whole host of quick non-surgical options are available that allow men to go back to work without anyone suspecting that they've undergone a treatment." Says Dr Maria Khattar, Director of Dubai's Aesthetica Clinic. "The main procedures that men opt for are those which address skin imperfections such as acne, post-acne scarring and pigmentation."

Combining a thorough cleansing and extraction session followed by a vacuum treatment, where impurities are literally sucked out from the pores, the treatment is at the cutting edge of acne prevention and cure. As well as removing existing blemishes, each treatment (how many you need varies from it varies from person to person) finishes with a therapeutic session of broadband light to kill future acne-causing bacteria.

Dhs750 per session, see www.aestheticaclinic.com for more information

Only prone to the occasional blemish? Lucky you. You may not need to undergo specialist treatment but there's a variety of products available on the market to fix mild skin nasties.

Post-cleansing, apply a toner to remove any traces of cleanser and to close and tighten pores. **Clinique's scruffing lotion** (Dhs100 from Debenhams) is available in several strengths – the higher the strength for oilier skin types – and sloughs away pore-blocking dead skin and excess oil.

For active spots **Lab Series anti-blemish gel** (Dhs130 from Harvey Nichols) is a fast-drying, transparent gel that helps dry and clear blemishes quickly.

With men's skin significantly oilier than women's, an oil-free moisturiser is an essential to cutting back on pore-blocking sebum. **Clinique's oil control hydrator** (Dhs140 from Debenhams) is light and controls oil-production.

