

Beautiful skin in a bottle

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By Evening Gazette

Perfect skin is high on every woman's wish list.

Good skin days are essential for our self-confidence. In fact, 80% of women say clear skin makes them more confident and lifts their mood, according to Neutrogena.

But for some women, bad skin days occur more often than good ones.

While we may get upset over the occasional spot, some people have to deal with adult acne, rosacea and uneven pigmentation on a daily basis.

But don't worry if this applies to you, help is at hand.

ADULT ACNE

It may seem like a teenage condition, but some of the world's prettiest women, such as Cameron Diaz and Lindsay Lohan, still suffer from acne.

Dr Murad's Anti-Ageing Acne Treatment and NV Perricone Acne line have been created for adults. Dr Murad's full range, consisting of cleanser, toner and mask, is priced from £12.50 at Boots, while NV Perricone's, with cleanser, toning pads and moisturiser, are priced from £29.50 (0800 783 2583).

Others to try include Clinique's Anti-Blemish Solutions, from £10, Philosophy's Acne Kit, £36, and pH Advantage Acne Treatment, from £25, Strawberryandcream.com - all of them use the more gentle salicylic acid to smooth the skin and control excess sebum production.

Superdrug's Clarity Skin Rescue, from £1.29, and Neutrogena Visibly Clear, from £3.99, are cheaper alternatives.

MILIA

Milia are those difficult little whiteheads that pop up on skin from time to time around the eyes and cheekbones. There is no simple way of getting rid of them, and the worst thing you can do is to squeeze them as it will leave scarring.

If you do want to get rid of them, get them professionally extracted.

Try Lush's Enchanted Eye Cream, £8.25, containing lavender honey water and jojoba, or Liz Earle's Eyebright Soothing Eye Lotion, £8.

ROSACEA

Symptoms of rosacea include reddening or flushing on the cheeks, forehead, nose, or chin, and sometimes acne-like symptoms. It can't be cured but can be

controlled.

Seaweed, aloe vera, camomile and liquorice extracts can help soothe the skin.

Gentle cleansers like Lush's Ultrabland, £4.50s, and Dr Andrew Weil for Origins Mega-Mushroom Face Cleanser, £20, with liquorice extract and camomile, will help.

Tone down the flush with Clinique CX Redness Relief Cream, £65, Elemis Daily Redness Relief, £45, or Dr Brandt Laser Relief, £63 from Space NK. Bargain buys include No7 Calm Skin Redness-Relief Gel, £16.