



DR ANUSHKA REDDY / DRY/SENSITIVE SKIN

Reddy is an aesthetic treatment specialist and owner of Ruimsig's Medi-Sculpt Clinic

4 / Don't bombard your skin with new products. "The trick is to prepare your skin to adapt to a new range. Start slowly. If you get a skin reaction and have started many different products all at once, you'll have no idea which product is causing it."

5 / Make it a regular date. "You know facials are working for you when you feel you don't really need one by the time your appointment rolls around. This is an indication that your skin is in optimal condition and your products are working for you."

> Soothe your skin. "The biggest problem with this skin type is that it's prone to hypersensitive reactions. My skin becomes quite dry during winter as sensitive skin is prone to flaking and chipping in cold climates." Reddy likes Lamelle products. "Their Luminesce range is ideal for dehydrated, blotchy skin and perfect for daytime use. The ingredients are hypoallergenic and suitable for sensitive skin types."

> Know your sensitivity type. If you're sensitive, you fall into one of four categories, says Reddy: acne, rosacea, burning and stinging, and contact dermatitis (allergies and irritants). They all have one characteristic in common: inflammation. But products for sensitive skin differ depending on the type, yet won't specify the one they work best for. For example, a product used for acne-prone skin is very different from a product for a rosacea patient. But both will be labelled "for sensitive skin". "Manufacturers can't make any specific drug claims for treating

conditions such as acne or rosacea so 'sensitive skin' has become a catch-all category," says Reddy. "You need to know your sensitivity type because it could worsen if incorrect products are used."

> Soothe the flush. "My best solution for the flushing associated with rosacea (warning signs include reddened skin, dry patches, painful sensitivity and pustular acne) is a laser treatment called an intense pulse light. This works best on the face but can also be helpful on the neck and chest areas," says Reddy. To see results, treatments once or twice a month are recommended. The severity of your rosacea will determine how many treatments you actually need.

> Read the fine print. Ingredients that are known to cause stinging and burning, and therefore should be avoided, are lactic acid, azelaic acid, benzoic acid, glycolic acid, vitamin C and AHAs. "Be careful of organic products. They contain essential oils and fragrances that can cause allergies that lead to contact dermatitis," warns Reddy. >

Dry/Sensitive

1 / Skin Nutrition Protective Daily Moisturiser, R395

2 / The Body Shop Moringa Body Butter, R120

3 / Lamelle Luminesce Brighter Day, R539

4 / Lamelle Luminesce Brightening Cleanse, R431

