



# SKIN DEEP

In her exclusive column for Velvet, dermal facialist Rachel Eve of Suffolk's Advanced Skin Clinic addresses a different skincare issue each month. Next up: acne

When it comes to treating acne skin, there is rarely a one size fits all solution. It can be triggered throughout life by a variety of factors.

Here are some key tips to help keep breakouts under control.

## Treat from within.

More often than not, internal triggers are to blame for breakouts, including changes in hormones, stress, diet and/or gut health.

The Advanced Nutrition Programme offers a wide range of supplements that deliver incredible results by controlling hormonal breakouts, balancing the gut microbiome and food intolerance testing. You can see the results at [racheleve.co.uk](http://racheleve.co.uk)

**Use the right cleanser.** Most high street 'acne' products tend to target the build up



of oil. However, this is not the only trigger, as dry skin can also breakout. To avoid irritating it further, make sure you choose a cleanser suited to your skin type. Face washes are best for oily skin and creams or cleansing lotions are best for dry/dehydrated skins.

## Be smart with makeup.

It's difficult to resist covering breakouts with makeup, but this can make it worse. 'Comedogenic' ingredients such as talc and bismuth oxychloride clog up the skin. Try to use a mineral makeup and look for 'oil-free' and 'non-comedogenic' on the packaging.

**Keep the skin hydrated.** A common misconception is that you should avoid using a moisturiser if you have acne. If the skin's surface is dry or dehydrated, your oil glands will overproduce oil, often making acne worse.

**Use salicylic acid.** Salicylic acid is a

key exfoliating ingredient which removes excess oil, dead skin cells and bacteria from pores and hair follicles, preventing breakouts. A favourite among my clients is the Acne Balancing Serum from AlumierMD.

**Keep it clean.** Makeup brushes, phones and pillow cases are breeding grounds for bacteria. Wash brushes weekly.

**Professional treatments.** If you've tried or want to avoid antibiotics and Roaccutane, which are commonly prescribed, there are some fantastic in-clinic alternatives available such as LED phototherapy and medical grade peels which deliver incredible results.



To find out more or book a free consultation, visit [racheleve.co.uk](http://racheleve.co.uk).

If you have any other skincare questions, email [rachel@racheleve.co.uk](mailto:rachel@racheleve.co.uk).

Tired? Stressed? What you need is a massage. Happily, you could win one – thanks to Bury's Heritage Beauty. Set in the most picturesque spot – overlooking the manicured grounds of Nowton Court and with views of Nowton Park beyond – Heritage is described as "Suffolk's most serene and welcoming salon". At not quite three years old, it's just won its second TripAdvisor Certificate of Excellence and a rating of Number One for Spa & Wellness in Bury St Edmunds.

To celebrate, the salon is giving Velvet readers the chance to win a 60-minute Heritage Essential Full Body Massage for two people – worth £110! Using traditional Swedish techniques, the massage will take place in the joint treatment room and will be followed by a hot drink and cake of choice in the relaxation area.

"The benefits of massage should not be underestimated," say the Heritage Beauty team. "It's beneficial for just about everyone, from prenatal mums to children, sportsmen and women, busy executives and the retired. Whatever time of life you're at, we are confident our massage therapists – each of which brings a different discipline and style – can improve your wellbeing." Offering a wide range of treatments, from

WIN IT!



essential grooming to pure indulgence, every Heritage Beauty experience "affords nourishment for both body and soul," add

the team.

For your chance to win the massage package for two, simply email your name, address and daytime number to [alice.ryan@velvetmag.co.uk](mailto:alice.ryan@velvetmag.co.uk), titling your message 'Heritage Beauty Competition'. Entries should arrive no later than July 19 and the usual Ts and Cs apply; if you're happy to be contacted by Iliffe Media and its partners, add 'Please Contact'.

Heritage Beauty is at Nowton Court Village, Nowton Road, Bury St Edmunds IP29 5LU. For more information, including the full menu of treatments, visit [heritagebeauty.me](http://heritagebeauty.me) or call (01284) 846800.