

YOU GEM! Can Crystals Heal Your Heartbreak?

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So Long, ACNE SCARS

If uneven skin is getting you down, don't stress – you've got options, girl. We've found the best ways to beat them and boost your self-esteem...

*WORDS: GABRIELLE DYER - @GDIDWHAT

Acne affects around 80 per cent of young people at sometime, but it's *not* just a teen problem. Adult acne is on the rise and getting it under control can be difficult and expensive. We spend a staggering £369 million every month on make-up to hide skin conditions like acne, and that's before we fork out for various lotions and potions to treat it. Once it's gone many are left with an even greater problem: scarring.

There are two types of acne scars: ones that look like pits or craters in the skin (depressed), and ones that are raised. You're more likely to get the depressed kind on your face, and raised ones on your chest and back, but both are difficult to treat and are hard to disguise, causing those affected to feel insecure.

The good news is, they *can* be treated – and no, you don't have to break the bank for it either.

The Pro Treatments

LASER THERAPY isn't as scary as it sounds. In fact, it's probably the least invasive option. It uses fractional technology to target scarring and pigmentation without damaging healthy skin and is safe to use on darker complexions. It's expensive, but the results are great.

MICRONEEDLING works by making thousands of tiny punctures in the skin, stimulating cell regeneration and collagen. Your face might be slightly red for a day or two, but you can go about your daily routine without any issues.

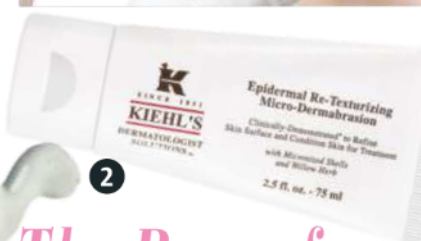
DERMABRASION is less intrusive but works in a similar way. Tiny crystals are used to remove the top layer of skin and the body produces new cells to try and heal itself. It has no downtime and is a good option for sensitive skin.

SKIN PEELS contain resurfacing chemicals. They tend to have a longer downtime with some side effects (like peeling) lasting a week, so keep this in mind if you're considering one. More invasive than a lot of treatments, but peels can bring good results.

The DIY At-Home Treatments

You can do your own microneedling using a dermaroller, but you need to know what you're doing. Don't dive straight in – a dermaroller should never be used on dry skin, so apply your serum, oil or face cream first. They have the added bonus of making your products penetrate more deeply, so they'll work better. Look for savvy skin healers, like vitamin C and retinol. They fight discolouration, increase skin cell turnover and improve texture. Then roll diagonally, vertically and horizontally over your face. Be careful not to use too much pressure and be extra gentle around the eye area. Results won't be instant, but stick with it and you will see an improvement in the tone and texture of your skin within a few weeks.

1 Swiss Skin Roller, £42 **2** IS Clinical Pro-Heal Serum 15ml, £66.99
3 Time Bomb ABC Vitamin Solution, £48 **4** Obagi Professional-C Serum, £69.98 **5** Skin Laundry Night Renew Treatment, £36



The Resurface Ritual

Not a big fan of needles? Then use a fine exfoliator and preferably one with glycolic, lactic or salicylic acids once a week for a more even, refined complexion. If you're somewhere hot, don't forget to slap on some sun cream as resurfacing products increase your skin's sensitivity to the sun.

1 Starskin Micro-Filler Mask Pack, £27.50
2 Kiehl's Epidermal Re-Texturizing Micro-Dermabrasion, £41
3 Goldfaden MD Fresh A Peel, £75
4 Botanics Radiant Youth Microdermabrasion Polish, £9.99
5 Philosophy Microdelivery Peel Kit, £59



Em has been open about her skin issues



LOVE YOUR SKIN

Beauty vlogger Em Ford went viral when she revealed her adult acne, but she's learned to cope with her skin...

'When I first developed adult acne, it was a huge shock and it crushed me. Learning about skincare, how to apply camouflage concealer and full make-up gave me the confidence I needed to go out without any make-up at all. It became my choice whether to show my scars or hide them, and that little level of control was a huge victory for me. You can learn to treat your scars, but you can also learn to love them. I can now go to the newsagent without make-up. It's OK if you want to hide it, but it's also OK to be proud of it.'