

Stop #makingflawless
when you can
be the #realdeal

Despite its name, the “no-makeup makeup” look actually takes quite a bit of—well, makeup—to pull off. But consider this—treating your skin care woes from the start means no longer having to hide underneath layers of foundation and concealer. Here’s how to snag your #nofilter face!

HAVE FLAWLESS SKIN *NOW*

UNEVEN TONE



Shiseido White Lucent All Day Brightener SPF 36, P2,750.

SkinWhite Classic Whitening Face Cream, 20 g, P60.

Excessive sun exposure, particularly between the hours of 10 a.m. to 4 p.m. when UV rays are strongest, “causes pigment-producing cells called melanocytes,” says Dr. Yane Santos of The Aesthetic Science Clinic. It’s the overproduction of these melanocytes that result in uneven skin tone (which you recognize as sun spots, freckles, or greyish-brown patches called melasma). Covering up with makeup may be an instant fix, but there are ways to nix discoloration from the start.

“The best way to address uneven skin tone is regular ‘hyper-peeling’ like microdermabrasion or chemical peels containing Glycolic AHA (Alpha Hydroxy Acid),” suggests Dr. Jay P. Nuñez of JKN Skin & Surgery Specialists. Other methods include laser therapy or topical bleaching creams that help to shed the buildup of dead skin cells that form melanin.

Prevent sun spots from forming (and existing spots from getting darker) by wearing sunscreen daily.

SKIN SOLUTION

Remove discoloration with Pico Enlighten at The Aivee Clinic, P15,000 per session. At least 6 sessions for best results.



Olay Skin Whitening Bar with Rose & Milk, 90 g, P46.



Kiehl's Clearly Corrective Dark Spot Solution, P2,995.

REDNESS

Some ingredients in skincare cause irritation, resulting in red or itchy skin. Reach for products labeled as suitable for ‘sensitive skin.’ Stay away from abrasive scrubs that contain rough granules (like walnut shells), astringents with (super irritating) menthol or alcohol, and any products that contain fragrance.

If your skin constantly resembles a sunburn that won’t go away (especially around the nose), has small red bumps accompanied with a burning sensation, or you have visible facial veins, then you may have a more serious situation on your hand called rosacea. Rosacea is an inflammatory skin condition triggered by things like sun exposure, hot temperatures, stress, spicy food, or alcohol.

Your derma can prescribe oral antibiotics (such as tetracycline) or topical medication (like metronidazole or ivermectin cream) to address papules (small red bumps). This condition can worsen over time if left untreated, so make sure you consult a derma if you’re unsure what category your condition falls under.



Burt's Bees Sensitive Night Cream, P1,450.

Physiogel Calming Relief Gentle Cream Cleanser, P400.



Avène Micellar Lotion, P1,610.

SKIN SOLUTION

Target redness and small veins with Optimum Pulsed Light at Facial Care Centre, P15-60K per package (includes approx. 2 to 5 treatments).



It's not just
about resisting
the urge to pick
at your face.
Avoid scars by
preventing acne
to begin with!

(TEXT) MERIAM AHARI; (PHOTOS) SHAIRA LUNA; (MAKEUP) JIGS MAYUGA; (HAIR) ETHAN DAVID OF JED ROOT; (MODEL) OLIVIA MEDINA OF IM AGENCY; (AVENE, BIURE, DOLL FACE TONER, SHISEIDO) LOUIE AGUINALDO; (OTHER STILLS) COURTESY OF RESPECTIVE BRANDS; (RETINOL SMEAR) JEFFREY WESTBROOK/STUDIO D.



PORES

Blame large pores on genetics or aging (due to loss of elastin from sun damage). Oily skins tend to have larger pores since their glands produce an overabundance of sebum. This excess sebum gets trapped in pores when blocked by dead skin cells that lie on the surface of skin, making matters worse.

Put down the blurring primer and treat existing pores with a beta hydroxy acid that comes in a gel or liquid form. Salicylic acid for example, is an excellent exfoliant that removes excess cells on the skin's surface as well as inside the pores where clogging occurs. This prevents oil buildup, which can otherwise stretch out the shape of your pores.

You'll want to avoid thick, greasy creams. Instead, opt for gels, liquids, and thin serums. One of the biggest gamechangers in reducing the appearance of large pores is retinoids (not to mention they also clear breakouts, brighten skin, and prevent wrinkles). And, of course, don't leave the house without slathering on sunscreen.

SKIN SOLUTION
Belo Medical Group's Revlight, P8,960 per session, improves skin's texture, making large pores less visible.



Yves Rocher UV Beauty Shield, P1,295.

Sebamed Clear Face Anti-Bacterial Cleansing Foam, 150 ml, P710.



Origins Super Spot Remover, P950.

Mario Badescu Drying Lotion, P1,095.



SCARS

It's no wonder we try to hide these confidence-kickers beneath layers of powder. But sometimes laying it on thick can actually emphasize what we're trying to conceal.

"Scar formation happens when inflammation (redness) is present and pus (the yellowish fluid in the center of your pimple) forms. Pus contains chemicals that are like strong enzymes which dissolve skin, sometimes resulting in scar formation. My rule is: prevent inflammation and pus formation first to prevent scarring," explains Dr. Nuñez.

Acne scarring is sometimes self-inflicted which is why dermas (and moms) are always nagging at us to stop picking at our faces. "There is as much acne underneath the skin as there is on the surface. That's why it's important to visit a clinic to have an expert do the extractions. When you do it yourself, there's a risk that not all the pus will be removed. Pus may spread to other areas underneath the skin, so the next day you'll find you have more breakouts.

"There are several treatments to manage acne scars, however, the patient needs to understand that the goal is improvement of scars rather than complete resolution of the lesions. Once a scar, it is always a scar," explains Dr. Santos. Topical



Retinol Skin Brightener, P1,150.



SKIN SOLUTION

Inject acne scars with hyaluronic acid fillers, P4-6K per session at JKN Skin & Surgery Specialists. Smooth your complexion with a TCA Chemical Peel, P280 at The Aesthetic Science Clinic

treatments include retinoids, alpha hydroxy acids, and skin lightening agents. Clinical procedures like chemical peels, dermabrasion and laser therapy may also be prescribed for treatment. Hyaluronic acid fillers last for two years and can be injected directly below the scar to diminish the appearance of shadows. "The best scars to fill are shallow and wide based. After I fill the scars, I do a sugar acid peeling and sometimes alternate it with microdermabrasion," says Dr. Nuñez



Take the
'no makeup'
look literally
and give
your skin
a breather!

BLEMISHES

It's tempting to load on foundation when you've got a face full of zits, but the more product you pile on, the more you'll clog your pores—thus begins the vicious cycle. First, find out what kind of acne you have—Is it inflammatory (painful large red bumps with pus-filled centers)? Or non-inflammatory (tiny colorless bumps, blackheads, whiteheads)? This will help you figure out how to better treat your acne. Make an appointment with a derma who can prescribe a customized skincare regimen that best suits your skin type.

“The most important thing is to control oil,” says Dr. Vicki Belo of the Belo Medical Group. Oil traps dirt and dead skin cells in pores, which then causes breakouts. Cleanse with a mild, foaming cleanser to remove sebum without drying out skin. After cleansing, de-grease skin with a toner containing glycolic or salicylic acid. In the evenings, spot treat with a formula that contains benzoyl peroxide.

Although oily skin is genetic, you can still adopt habits to keep blemishes at bay. We know you've heard it before—wash your makeup off. Every. Single. Night. Yes, we know it's three A.M. and you'd rather crash-land in your bed. But if you know you have a big night out, put a packet of makeup remover wipes on your pillow before walking out the door. A quick wipe down before bed is better than none at all, and you can thoroughly cleanse the next morning after you wake up.

Another trick—let your skin ‘breathe.’ Meaning, take ‘no-makeup makeup’ literally and go every other day without foundation (dab concealer on dark circles only if you must).

Deep clean with a gentle exfoliant two to three times weekly to remove buildup of pore-clogging dead skin and use a clay or sulfur face mask once or twice a week to soak up excess sebum. If oil-free moisturizer still breaks you out, pass on it altogether (your already hydrated skin doesn't need the additional moisture) and apply a clear, oil-free, gel-based sunscreen only.



Doll Face Clarify Balancing Tonic, P995.



Bioré Uru 2-in-1 Instant Foaming Wash, P299.



Céleteque Hydration Make-Up Remover Cleansing Facial Wipes, P160 for 20 sheets.

SKIN SOLUTION

Cystic acne can be injected with steroids to speed healing and prevent scarring. P100 per blemish at The Aesthetic Science Clinic.



Doll Face Soothe Triple-Action Under Eye Serum, P1,750.

DOLL FACE SOOTHE TRIPLE-ACTION UNDER EYE SERUM
SERUM TRIPLE ACTION POUR LES CERNES
15 ml / 0.5 fl.oz.

Nuxe Crème Prodigieuse yeux
CONTOUR DES YEUX PRODIGIEUX
HYDRATANT DÉFATIGANT
Anti-âge, anti-poches
ANTI-FATIGUE MOISTURISING EYE CREAM
Anti-aging, anti-puffiness

Nuxe Crème Prodigieuse Eye Contour Cream, P1,250.

Pixi 24K Eye Elixir, P1,180.

DARK CIRCLES

If you suffer from dark undereye circles, you know how hard it is to find coverage that discreetly camouflages (not highlights) what you're trying to conceal. But is it possible to go makeupless with dark circles or puffy eyebags?

“There are several factors that cause dark circles—genetics, allergies, or just plain lack of sleep,” explains Dr. Nuñez. “Lack of sleep can make the skin more pale, allowing the reddish blue blood vessels underneath the skin to become more conspicuous.

Also, thinning of the skin as we age causes blood vessels to be more obvious,” says Dr. Santos. So, what to do when you can't exactly get your eight hours? Try placing black tea bags or a cold compress over eyes to reduce enlarged blood vessels.

Unfortunately, there are no topical creams that can cure undereye circles, but some can help improve the dark color or hydrate the thin peri-orbital skin around eyes, making bags less noticeable.

To decrease the worsening of dark circles, “protect against the sun by wearing large sunglasses. Slight elevation of the head during sleep will also help to prevent fluids from draining towards the eyes. And if you already smoke? Quit!” says Dr. Nuñez. And try not to rub your eyes if you can help it.

SKIN SOLUTION

Injectable hyaluronic acid fills in deep-set eyebags. P5-10K per session at The Zen Institute. Number of sessions needed varies per patient.