



## Insider secrets for natural beauty

**Q** | I was recently diagnosed with hypopigmentation. Is there anything you can tell me about this from a natural perspective? Is there a way to treat it?

- Joee, Winnipeg

**A** | Dear Joee,

When skin cells that produce melanin reduce their production, the condition is known as hypopigmentation which results in the loss of skin colour. The most common cause of hypopigmentation is damage or trauma to the skin. Burns, scrapes and any injury that results in scarring can all lead to loss of pigment. This hypopigmentation is usually temporary and can often be cosmetically concealed. There are also other causes that are associated with medical conditions such as vitiligo and albinism. Hypopigmentation treatment options are often limited. If there is not a significant loss of pigment, I would suggest using a camouflage makeup to even out your skin tone. You can also use a cream with a skin lightening agent such as kojic acid, licorice and alpha-arbutin to lighten the skin not affected so that it can blend in better with the hypopigmented area. Stay away from ingredients like hydroquinone, as there may be serious side-effects associated with long-term use. You may want to speak to your medical doctor about light or laser treatments and if they might be helpful in your particular case.

**Q** | What are the alternatives to waxing? Traditional methods give me red bumps that don't go away for about two weeks. Then hair starts growing back soon thereafter, making it pointless.

- Sheri, Calgary

**A** | Dear Sheri,

There are other ways to remove hair depending on the body part, hair and skin type. The red bumps you are experiencing may be caused by inflammation of the hair follicles. Sugaring is an alternative form of hair removal. It may be better for your skin than waxing because all the ingredients are natural and less likely to clog pores.

For long-term hair removal, electrolysis is a more permanent option. It is a time-consuming procedure (and sometimes costly); it can be painful and is best used in removing hair in small areas. For permanent hair reduction, laser and IPL (intense pulsed light) are the most effective and safe methods of removing body hair. IPL is becoming the preferred method as it is fast and certainly the least uncomfortable, often more affordable method. It also has less risk of skin damage than electrolysis and laser while achieving outstanding results. I would recommend that you consult an experienced, qualified skin-care professional to determine which method would best suit your needs and to ensure optimal results. ♥



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