

# What the doctor says:



**When Helen McAlinden walked into the Dr Mulrooney Clinic, master dermatologist Dr Katherine Mulrooney could see the**

**cause of her sprawling veins right away. Dr Mulrooney says:**

**H**elen's skin problem was cumulative sun damage. The first thing I did was simplify her skincare regime with a Seavite cleanser, toner, serum and moisturiser.

We recommend La Roche Posay factor 50 sun protection on top,

and prescription Vitamin A serum (Retriiderm 0.5%) three times a week at night to fade the pigment — sparingly.

Then, we did a course of light, superficial chemical peels with lactic acid to slough off the dead skin cells, and Impulsed Light therapy (IPL) to target the pigment. This laser has an anti-ageing action also as it stimulates collagen.

Over time, it improves the tone and luminosity. It's good for someone as crazy-busy as Helen, as it has no down-time.

The results last for three to six months, and if you look after your skin and don't go into the sun unprotected, you can reverse sun damage."