



MARUVA SKIN MASTERY

Learn about Hyper-pigmentation

Hyper-pigmentation is a common, usually harmless condition in which patches of skin become darker in color than the normal surrounding skin. This condition is caused due to excess melanin (a pigment responsible for skin color) production.

Types and causes of hyper-pigmentation



AGE/SUN SPOTS

This type of hyperpigmentation is caused by sun exposure or ageing. They can develop anywhere, but they most frequently develop on areas like the face, hands, and neck that receive the highest levels of sun exposure.



POST-INFLAMMATORY

Occurs as a result of trauma to the skin from injuries like burns, cuts, and bruises. It may also develop in response to breakouts and flare-ups in chronic skin conditions like acne, eczema, and psoriasis. Acne scars also fall into this category.



MELASMA

UV damage, hormonal shifts, and taking certain medications can all contribute to the development of melasma, but the symptoms of this condition are primarily related to skin health, making this type of hyperpigmentation difficult to treat.

How to prevent hyperpigmentation

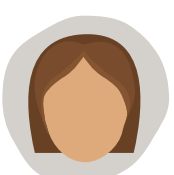
Whilst healing can be slow (depending on the cause and condition, it can take from 1 month up to 2 years), hyper-pigmentation can fade. The best cure for hyper-pigmentation is prevention - start early and be consistent with a good skincare routine and daily habits:



PROTECT YOUR SKIN FROM UV RAYS - UV rays is the skin's worst enemy. Apply a minimum SPF30 broad spectrum sunscreen daily (even in winter!) and reapply every 2 hours if you are in the sun. Wear protective clothing, wide-brimmed hats and use an umbrella.



INVEST IN A DAY-NIGHT SKINCARE ROUTINE - Cleanse your skin thoroughly. Apply a serum after cleansing. Moisturise and apply SPF frequently during the day.



DON'T PICK AT PIMPLES AND BLEMISHES - Popping pimples causes inflammation which leads to melanin production, increasing the chances of hyper-pigmentation and scarring.



FOLLOW A HEALTHY DIET - Your diet plays a vital role in your hormonal changes which influence your skin. Incorporate healthy fruit and veggies into your diet to promote hormonal balance. Moderate your alcohol consumption and smoking.



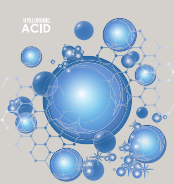
MANAGE YOUR STRESS LEVELS - Stress worsens hyper-pigmentation, especially melasma. Incorporate stress-management techniques into your daily routine, for e.g. meditation, listening to calming music, reading or taking a relaxing bath.

Natural ingredients that can help to fight hyper-pigmentation

Whilst hyper-pigmentation can be chemically treated, you may consider using natural ingredients as a treatment option due to reasons such as natural ingredients are gentler on the skin; reduced side effects; minimal disruption to the natural skin barrier and environmental concerns. The following natural ingredients can be used to help treat hyper-pigmentation:



ALPHA HYDROXY ACIDS (AHA's) - AHA's (such as glycolic and lactic acid) are a group of water-soluble acids derived from fruits, milk, and sugar. They exfoliate the skin, promote cell turnover, and address various skin concerns, including hyper-pigmentation.



HYALURONIC ACID - Hyaluronic acid is extremely moisturizing and promotes cell turnover. It is high in anti-oxidants which helps to stimulate collagen production. When used together with Vitamin C it is an effective hyper-pigmentation treatment.



VITAMIN C - This antioxidant plays a vital role in combating dark spots. It inhibits the enzyme tyrosinase which prevents melanin production.

THE MARUVA BRIGHTENING SERUM IS AN EXCELLENT NATURAL CHOICE FOR TREATING HYPER-PIGMENTATION DUE TO ITS BLEND OF BLACKBERRY (AN AHA); HYALURONIC ACID AND DAISY FLOWER EXTRACT (EVENS OUT PIGMENTATION AND AGE SPOTS). IT IS HOWEVER IMPORTANT TO REMEMBER THAT HORMONAL HYPER-PIGMENTATION CAN BE DIFFICULT TO TREAT, AND MAY REAPPEAR, ESPECIALLY IF EXPOSURE TO UV RAYS IS NOT CONTROLLED. IT IS ADVISABLE TO CONSULT A DERMATOLOGIST IF YOU ARE EXPERIENCE HORMONAL HYPER-PIGMENTATION.