



— NADIA LEONARDI

## 如何治疗色斑？

# HOW TO TREAT PIGMENTATION MARKS

尽管在天气经常炎热的地区，拥有一个肤色白和无色斑的肌肤，仍然是美的标准。

*Regardless of weather conditions, having pale skin with no blemishes is still one of the accepted criteria for beauty.*

十岁左右在脸颊和额头等暴露于阳光下的部位开始无规律的出现色斑。但是从二十岁开始出现皮肤变得阴暗，或是眼圈、双唇和鬓角四周出现“发黑”现象。在五十岁的时候，色斑会加剧出现。阳光、激素和基因通过干扰黑色素生成（黑色素形成的过程），扮演着控制色素沉着角色。

### 谨慎使用美白霜

应谨慎使用针对偏黄色皮肤的美容水或美白霜，并且这些产品应符合相关立法。如果护理不恰当，即使是美丽的皮肤也会被太阳损坏。

### 实行浅度换肤

您可以重复进行浅度换肤，如使用以杏仁（扁桃酸）为主要原料的换肤产品，能柔和的换肤，并且无刺激性和无光敏性。它们可以全年使用。这些换肤的方法将表层皮肤温和地脱落，而不会造成皮肤灼伤或出现皮肤红肿。

### 防晒

有必要使用高系数的抗 UVA 和 UVB 防晒霜。您可以涂抹在日间使用的抗氧化护肤品（如：Serum Phloretin Skinceuticals, Diode 1 and 2, Alchimie Forever with green tea, Flavo C Auriga, VINO Perfect Caudalie）之上，对您的肌肤表面的使用区域形成一个真正的屏蔽层。一有阳光明媚的日子就涂抹于脸部和双手。

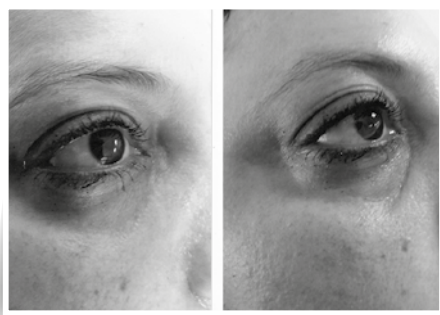
### 光疗与美容产品的结合

很难治疗不能经受美白去斑产品的皮肤，因为色斑往往出现在敏感或易被刺激的区域，特别是在颧骨和眼周区域。我们建议一项特殊的治疗斑点、均匀肤色并呈现透亮肌肤的 Skin'Eclipse 方法，为您提供光疗与美白及抗衰老产品相结合的治疗。

### 使用无刺激性面霜

您可以使用无刺激性的夜用美白霜来间隔治疗，让肌肤得到充分缓和。我推荐每星期停止使用一个晚上。例如，清洁肌肤后，在洗澡的同时做嫩肤面膜（Night Miracle Universkin）。夜晚使用：Even Better Clinique、Whitening Serum Skin'Eclipse、Spot Peel Regulator Skinceuticals。最后，重要是不要吃高脂肪食品，而且多吃水果和蔬菜，这些食物是维生素 A 的来源。

通过定期监测治疗效果、一早醒来无红血丝、知道如何控制美白霜的使用量“适量，不要过量！”等方法，学会管理您的色素沉着。



治疗前 / 治疗后  
Before / After

The first marks tend to appear around the age of 30 on the cheeks and forehead, which are areas often exposed to sunlight, but at the age of 20 we can also see a darkening of the skin especially around the eyes, the mouth and the temples. The appearance of pigmentation marks increases around the age of 50.

The sun, hormones and genes all play a role in controlling pigmentation due to their unbalancing effect on melanogenesis (the process of melanin formation).

### Beware of whitening creams

Whitening creams destined to tackle a yellowish complexion should be used with care and in accordance with legislation. Even healthy skin can be damaged by the sun if the treatments used are not appropriate.

### Perform light peels

Light peels can be carried out regularly, such as almond-based peels (mandelic acid), a very gentle, non-irritant and non-photosensitising peel. They can be used all year round. These peels gently exfoliate without causing burning or reddening of the skin.

### Protect yourself from the sun

Use high-factor sun protection against UVA and UVB rays. It can be applied over a daily antioxidant product, which will act as a veritable shield for your skin when applied locally (for example Serum Phloretin by Skinceuticals, Diode 1 and 2, Alchimie Forever made with green tea, Flavo C Auriga, VINO Perfect by Caudalie). Apply to hands and face whenever the sun comes out.

### Associate light therapy and cosmetics

Skin that is sensitive to depigmentation products is difficult to treat as the marks are often found in sensitive areas, in particular on the cheekbones and around the eyes. A specific treatment for marks might be proposed in order to achieve a uniform and glowing complexion using methods such as Skin'Eclipse, a treatment that combines light therapy with cosmetic products to brighten the skin and combat aging.

### Use non-irritant creams

At night you can use non-irritant lightening creams, spacing out treatments to give the skin time to recover. I recommend using such creams one night per week, in order to give your skin a break. Exfoliate the skin then apply a rejuvenating mask (Night Miracle by Universkin) while you have a bath. In the evening, apply Even Better whitening cream by Clinique, Whitening Serum by SKIN'ECLIPSE or Pigment regulator by Skinceuticals. Finally, it is important not to eat too much fatty food, but to eat lots of fruit and vegetables. These foods are a source of vitamin A.

Learn how to manage your pigmentation by noting how efficient any treatments used are, avoiding those which cause redness when you wake up in the morning, and learning how much lightening cream to use: enough, but not too much!

### Nadia Leonardi

Nadia Leonardi 是在色斑治疗方面著名国际美容专家。换肤药物和嫩肤治疗的顾问。她在法国的巴黎和戛纳，及瑞士的 Forever Laser Institut de Genève 中心工作。她设计开发了 SKIN'ECLIPSE 技术，该项技术是关于治疗皮肤严重色素沉着的专利技术。

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