

Hyperpigmentation, it's one of the most difficult skin problems to treat and one of the most common. Whether it's a gathering of new freckles, a mottled skin tone or dark, irregular facial discoloration, hyperpigmentation is making its appearance in our spa.

Treatments typically include a combination of in-spa treatments to exfoliate pigmented tissue and professional homecare products to suppress melanin production.

The three main causes of hyperpigmentation are photodamage, hormonal changes, and inflammation or injury. It occurs when melanocytes, which produce melanin to darken and protect skin from ultraviolet ray, begin to overreact and overproduce. Clients struggling with pigmentation problems want fast relief but treatments can be a double-edged sword. The more aggressive they are, the greater the chance of creating inflammation-induced or "rebound" hyperpigmentation.

Melasma, also known as the mask of pregnancy, is a form of hyperpigmentation resulting from hormonal changes that can be exacerbated by birth control or pregnancy.

Hyperpigmentation resulting from long-term photodamage can vary from shallow and easily treatable to stubborn and deep. Microdermabrasion, and alpha hydroxy, beta hydroxy or salicylic acid peels help provide immediate results by removing the pigmented tissue. However, since inflammation is a leading cause of hyperpigmentation, determining the right amount of exfoliation is a delicate balancing act.

For our skin care clients we begin by developing a responsible treatment protocol by determining three factors: the cause of hyperpigmentation, our client's lifestyle and her skin type and skin condition.

Professional products in the great skin line to address Hyperpigmentation:

- **Retinol Resurfacing Complex**
Age Spots, sun spots and discoloration from inflammation seem to fade within days to weeks. Use at night.
- **Triple C & E Complex**
Evenness of skin tone starts to improve within days. Use in the morning.
- **Oxygen Boosting Complex**
Contains Ergothioneine for faster removal of the "cellular sludge". Increases ATP production which has two positive effects on pigmentation-it allows cells to rid themselves more efficiently from the lipofuscin¹ and another is that increased ATP allows cells to defend themselves more efficiently against UV radiation which contributes to the hyperpigmentation. Use in the morning and evening.
- **Stress Recovery Complex**
Coming in the fall of 2009. Also contains Ergothioneine (function already explained above) and will also reduce post-inflammatory hyperpigmentation by reducing cortisol damage in the cells. Use in the morning and evening.
- **SPF 28 UVA/UVB Sunscreen**
A revolutionary sunscreen formula that's both gentle and extremely effective at protecting from aging UVA and burning UVB rays. Apply liberally to face and body.

Professional Treatments in our Spa:

- *Microdermabrasion (but not in summer months)*
Remove pigmented tissue.
- *LED Panel*
Address sun-damaged skin, and uneven pigmentation, and increases ATP production which allows cells to rid themselves more efficiently from lipofuscin¹, and increased ATP allows cells to defend themselves more efficiently against UV radiation which contributes to the hyperpigmentation.
- *LED Microcurrent*
Same benefits as above.

We can make a difference in hyperpigmentation problems in both treatments and products; still, the No. 1 cause of hyperpigmentation is photodamage. It is important to practice proper sun care to avoid serious hyperpigmentation problems in the future.

¹**Lipofuscin...** or “cellular sludge” is the name given to finely granular yellow-brown pigment granules composed of lipid-containing residues of lysosomal digestion. It is considered one of the aging or “wear and tear” pigments, found in the liver, kidney, heart muscle, adrenals, nerve cell, and ganglion cells. Lipofuscin is linked with “age spots”.

Beverly Getz has had a life time interest in skin care and skin health. Along with her husband John, Beverly is the owner of In Great Skin, Junction City, Oregon. Beverly offers professional treatments and her own skin care line, ***Beverly Getz ingreatskin***, products that use performance ingredients and emphasize skin health and preventative care.

***Have questions about your skin? ingreatskin treatments?
or our professional product line?***

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