



EMERGENCY:

I had a heavy hand with benzoyl peroxide and now my skin is red and dry. What can I do?

SOLUTION: While benzoyl peroxide might work wonders for killing pimple-causing bacteria, it can also reduce the amount of oil the skin produces, resulting in redness and flaking. "Your skin is in an inflamed state and, in order to rapidly repair and re-hydrate it, you should apply a cream loaded with anti-inflammatories," suggests Jacqui Faucitt, CEO of RegimA. This immediately relieves dryness and itchiness, calms down redness and repairs your skin.

For extra replenishment, Faucitt recommends trying an ultra-hydrating cream that contains hyaluronic acid.

"If you still have a problematic skin, try a non-comedogenic moisturiser that is specially formulated for acne skin," suggests Dr Maureen Allem, founder of Skin Renewal. She also says that, once your skin has recovered (and only if needed), you can apply a low dose of benzoyl peroxide every second day to the affected areas.



BEAUTY Rx:

DermaFix Bio-Hydrating Cream (R390) is a highly effective, lightweight emollient that rejuvenates tight, dehydrated skin.

Eucerin Replenishing Face Cream (R130) contains 5% urea with lactate to minimise skin irritation.