



## Why Yara Shahidi Is The Voice Of Her Generation

6:30 AM



## Rosemary Ferguson's Tips On Surviving Fashion Week

6:00 AM



## Hedi Slimane Reveals Debut Celine Show Venue

4 hours ago



## Here's How You Can Get A Seat At The Givenchy Show

1 day ago



ALL NEW  
**GLAMOUR**  
ON SALE NOW

The advertisement features three covers of Glamour magazine. Each cover has 'GLAMOUR' at the top and 'KYLIE JENNER Beauty icon' at the bottom. The first cover is purple and white, the second is blue and white, and the third is pink and white. The background is a light pink gradient.

SKIN

# Funmi Fetto On: Treating Hyperpigmentation In Darker Skin Tones

Dark spots, patchy skin, scarring... hyperpigmentation is a common skin complaint, but one that can be difficult to treat. Here, Funmi Fetto shares her personal recommendations for women of colour.

---



by FUNMI FETTO

---

Wednesday 19 September 2018



Where is your dress from?" This is the question I get asked the most via social media. The second - via social media and IRL - is "what do you recommend for dark spots and uneven skin tone?"

The number-one skin concern for women of colour is not ageing or wrinkles. It is hyperpigmentation. This is essentially the overproduction of melanin on the skin. It manifests itself in dark spots and patchy, uneven skin and is caused mainly by over-exposure to UV rays. There's also the skin trauma caused by acne or a wound - post-inflammatory hyperpigmentation - where the skin overcompensates during the healing process by producing so much melanin it leaves scars.

I can relate. This has been the bane of my life for as long as I can remember. My caucasian friends get spots that eventually disappear. My spots, like a dog that pees to mark its territory, would always leave a scar. It's one thing for this to happen once or twice but when the result begins to resemble a cross between dried chickenpox and a game of Connect The Dots it become debilitating - and that's the case whether you are 14 or 40.

I also have a theory that the fight against hyperpigmentation is one of the reasons the use of skin lightening creams gained a foothold. I mean, yes, we still have colourism issues - but for the most part, many women began using these creams not because they set out to be lighter-skinned and a fit for the Western ideal of beauty but simply as a way to deal with their pigmentation issues. The problem with so many of these terribly formulated and incredibly dubious products is that they would, amongst other things, simply bleach the skin around the dark areas. I mean what's the point of that? Yes you can cover it up the disfigurement with foundation - and I love a good foundation - but, like all women, I don't want to hide. We want to be happy with and in our skin. And so I've been meaning to write this column for a little while but in all honesty I have also been dreading it because I know everyone expects me to recommend this "miracle" product. And here's where I disappoint; there is no such thing. Instead I always recommend a number of steps, which for most people will require overhauling their entire regime. (I know, I know, it's a pain but you'll thank me later). Hyperpigmentation is a beast. You have to treat it like the 10-headed dragon it is and attack it from all sides with a layered approach.

If your case is really extreme, or you are incredibly concerned, then by all means consult a dermatologist. Dr Stephanie Williams at Eudelo is incredible at treating every skin type. In the meantime, incorporating brightening (not bleaching!) skin refining products, ingredients and treatments into all aspects of your beauty repertoire - from cleansers to masks to serums - will make a seismic difference. A good place to start, however, is with a great facial - my love of which [I have written about here in detail](#). I liken this to the opening bar of a killer track, it sets the tone. It will lift dead skin cells, refine your skin texture, balance and brighten while also purging the debris from your pores; dull congested skin makes hyperpigmentation look a million times worse. In an ideal world, you should have one every six to eight weeks.

Nevertheless, there are products you can use to keep up the good work at home. Get a cleanser that has AHAs or BHA in it; glycolic, salicylic and lactic acids are all great for resurfacing, de-clogging and brightening the skin. Peter Thomas Roth's Anti Ageing Cleansing Gel is a goodie; ignore the name, the point is it's chock full of acids that are breakout-busting while also resurfacing and radiance-boosting. It's perfect for me because my skin is hardier than a yarrow plant but for more sensitive types, I'd recommend Murad's Essential C cleanser. It is pumped full of antioxidants and vitamin C (great for brightening) and really does make a difference to the skin. As does a mask. If you are anything like me, the idea of masking can feel really

tedious, however choose the right one and it will be time well spent.

Recently I've been extolling the virtues of Herbivore's Blue Tansy

Resurfacing Clarity Mask to anyone who cares to listen. It is exfoliating,

which helps to fade dark marks and smooth out your complexion. And, get

this, it is gentle enough to use every day. Its watery consistency is a bit messy

but it's a small price to pay for this miracle worker.

Next up, you need a liquid exfoliator. I mentioned some of my favourites in a [previous column](#) but Biologique Recherche P50 PIGM 400 is one of my recent much-loved discoveries. It smells like a depressing hospital ward but I'm happy to forgive that because of its clever two-pronged approach; the liquid regulates melanin production while also treating the dark spots and hyperpigmentation that already exist. Post cleansing, simply swipe it over your skin using cotton pads - no need to wash it off.