

For that flawless look

Skin specialists share their experience and expertise to overcome the uneven texture skin problems



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There is no end to skin-related problems. The build-up of excessive dead skin on the surface often results in an uneven skin texture. In simpler terms, it is a condition where the skin starts losing its smoothness, resulting in rough or bumpy skin, giving it a dull appearance.

According to dermatologist and aesthetic physician Dr Ajay Rana, this is a common problem among women, as, with age, the female body undergoes several chemical and hormonal changes at the time of perimenopause and menopause, contributing to an overall loss of suppleness in skin.

"The build-up of dead, keratinised cells and irritation take a toll on the skin's texture and appearance. People with acne scars will have to cope with atrophic scars and those whose skin produces excess oil will have enlarged pores. To sum up, dry skin, patchiness, fine lines and wrinkles, enlarged open pores and acne scars cause skin texture problems," says the dermatologist. "Excessive build-up of dead skin cells on the surface of the body, genetics, sun damage and pollution, a poor skin care routine, and diet are some other common causes of uneven skin texture," he adds.

Dr Devayani Barve-Venkat, plastic aesthetic and reconstructive surgeon, points out that uneven skin texture is common in individuals with extreme skin types, such as too oily or too dry skin, as well as in smokers. "Frequency of turnover of the skin cells and collagen regeneration for skin repair starts reducing in the late 20s and is evident in our 30s. Oily and preserva-

tives-filled diet and dehydration can adversely affect skin texture in the long run," says the surgeon.

However, according to dermatologist and hair transplant surgeon Dr. B.L. Jangid, hyperpigmentation that occurs due to excess melanin production in the skin is a major cause of skin texture issues. "Apart from this, hereditary skin conditions, lifestyle choices and underlying congenital diseases also contribute to this problem. As we age, the production of collagen decreases and the skin tends to lose its ability to retain the texture, firmness, moisture, and tone," he explains.

Since hyperpigmentation is the common cause of uneven skin texture,

Jangid's advice is to protect the skin from excessive exposure to the sun. "So the defence against this pigment irregularity starts by wearing sunscreen and staying out of the sun as much as possible. You can consider applying a high SPF sunscreen product along with keeping yourself hydrated by drinking plenty of water. Apart from these precautions, getting enough sleep is mandatory," he says.

Dr Rana suggests an exfoliation regimen twice a week to remove dead skin cells. "Use oil-based products to regulate sebum production and Vitamin C to reverse hyperpigmentation. Adding Vitamin C to your skin-care routine helps to improve skin texture by providing a powerful antioxidant to repair and defend the skin from environmental damage and restore suppleness while reducing pigmentation, scar tissue, and age spots," he adds.

For people with oily or dry

AT HOME REMEDIES:

- Exfoliate your skin with a brush or scrub with small beads or with some natural ingredients like sugar, salt or honey.
- Honey helps in improving the texture of the skin. Apply it directly on the face and neck and leave for 10 minutes before washing off with cold water.
- Papaya: It has antibacterial and healing properties that help remove dead cells and damaged skin. Apply ripe papaya on the face – it acts as a perfect skin toner. It also helps in reducing freckles and dark spots caused by the sun's rays.
- Lemon Juice: This helps clear scars, remove dead skin cells, and lighten acne and dark spots. For soft smooth skin, apply a mixture of egg white and lemon juice on the face on alternate days. Leave for 10-15 minutes and then wash off.
- Turmeric: It helps to lighten blemishes and remove pigmentation and is very helpful for rough-textured skin. Mix turmeric with milk and apply on the face to get flawless skin. Leave it on till it is dry and then wash off. Repeat thrice a week.

For oily and dry skin, Dr Venkat advises the use of a mild cleanser twice a day and a toner if pores are enlarged

skin, Dr Venkat advises the use of a mild cleanser twice a day and a toner if pores are enlarged. "The one preventive measure which cannot be stressed enough is the use of a sunscreen, even when at home. Persistent damage to the skin by invisible UV rays and photoaging occurs even when indoors. So, use a sunscreen with SPF of at least 30 and a moisturiser for dry skin," she underlines.

Lastly, Dr Jangid lists some easy to do remedies that will help heal the uneven skin texture. "There are some good and effective home remedies that you can opt for while treating your uneven skin texture at home. Use baking soda for exfoliation, or sugar and olive oil for scrub and even apple cider vinegar for application," he concludes.