

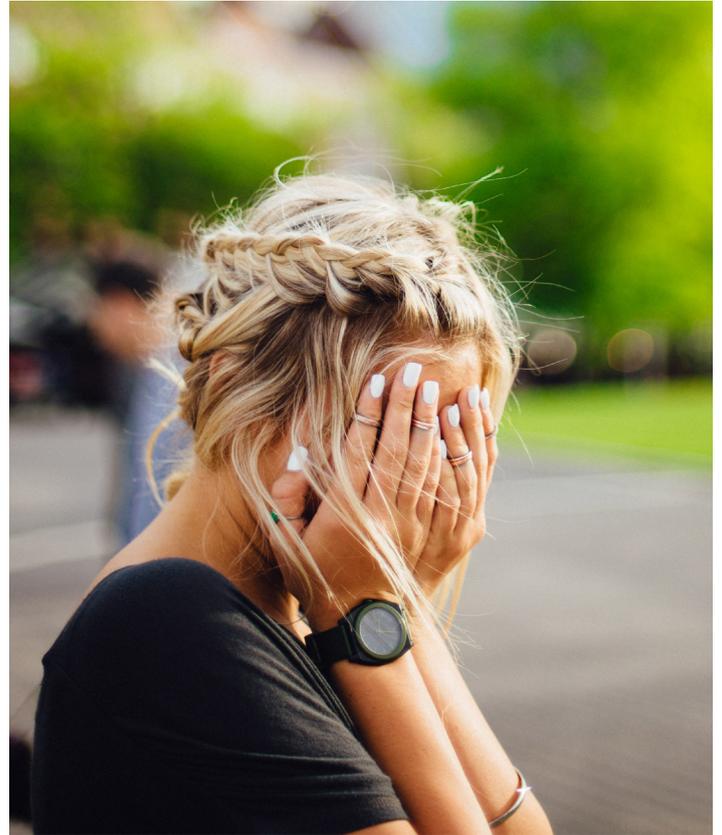
Pigmentation and Uneven Skin Tone

Finding the specific products for your uneven skin tone and pigmentation:

Pigmentation is very complex and your vigilance will be needed to control it for as long as it is a problem for you. You are unlikely to maintain results, or even achieve them, by just using one product designed to treat pigment. It needs to be a multi-faceted approach.

Therefore, the suggested products below need to be slotted into an [existing skin care regime](#) including cleanser, antioxidant serums, growth factor serums, Vitamin A serums and moisturisers-SPF's. You will get quicker, more long-lasting results if your skin is well hydrated and nourished and you look after your gut health. A lot of pigmentation is hormonally induced and this is significantly influenced by your [gut biome](#).

Generally, treatment and nourishing serums are used in conjunction with a [Vitamin A](#) serum and applied at night. It is advisable that you are using a Vitamin C serum every morning.



[Pregnant and breast-feeding](#) women should discuss using pigmentation products with their Dr prior to purchase. The emphasis for you should be on using no-nasties products with lots of hydrating, nourishing antioxidant serums and creams.

However, there is one product you can add to your regime that will help control pigment/melasma if your skin is so inclined: [Aspect Dr Complete Pigment Serum](#).

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Specific products formulated for best results - even skin tone, reduce skin discolouration and minimise pigmentation:

If you have sensitive/reactive skin, please [read here](#) and spend some months improving your skin prior to commencing on any of these products.

Choose one of the products below, then incorporate it into your everyday regime. It is imperative that you use a [UV blocker](#) - every day!

- [CosMedix Elite X-Cell](#) – this is our recommendation to replace the Skin Medica Lytera, which is now no longer available
- [Osmosis MD Enlighten](#) - best used as a spot treatment under [Osmosis MD Rescue Serum](#) with [Osmosis MD Catalyst AC-11](#) used every morning as your antioxidant (this is our fave). You may not need the Enlighten after 1-2 bottles (6-8 months).
- [CosMedix Simply Brilliant](#)
- [Aspect Dr Complete Pigment Serum](#) – suitable for pregnant and breast feeding women
- [Organic Nation Enlighten3 Skintone Serum](#) - will control your oil as well

Don't forget, you receive \$15 off your first order!



Remember, these serums are all medical grade, professional, clinically proven products which treat the underlying cause of your brown areas and spots. They are not simply brightening, lightening agents. Having said that, although they are effective, they are also safe.

The best in-clinic treatments are laser, IPL and Vitamin A infusions when your skin is ready for them. Enjoy your results!

Still not sure?

Complete the [Online Skin Consultation](#) and Gaye, our registered nurse will happily help you to choose the right treatments and products for your skin type or concern. Or, if you live in Hobart, you're welcome to have a consultation in-clinic - [book here](#).

