



Bioxil Advanced Anti-Blemish Essence, price unavailable

• I'm in my late thirties yet I still get spots on my face. What products are suitable for someone my age?

Most off-the-counter products usually have strong formulas for really bad acne cases which might not be suitable for sensitive or mature skin. Try getting formulas that are made for adult acne and have soothing ingredients like camomile in it. Also avoid washing your face excessively – this will rob your skin of its natural moisture. Sleep well and drinks lots of water to keep skin hydrated and supple.