

Ole Henriksen Cold Plunge Pore Mask, £28
This turquoise mask contains AHAs to improve skin's texture, while alpine willowherb and snow lotus detoxify.

Dermalogica Active Clearing Age Bright Clearing Serum, £58.50
This one's simple. Salicylic acid + niacinamide + white shiitake mushroom + the resurrection plant = unclogged pores, zero dryness, fewer spots and post-breakout marks. Sign us up.

Zitsticka Killa, £27 for eight patches (Boots.com)
Designed for cystic spots, each semi-transparent patch features 24 teeny darts that dispense anti-acne ingredients, including salicylic acid and niacinamide.

Murad Oil and Pore Control Mattifier Broad Spectrum SPF 45 | PA++++
The words 'SPF' and 'moisturiser' normally strike fear in the acne-prone. But this is oil-free and contains teeny spheres to keep skin matte.

Vichy Normaderm Phytosolution Double-Correction Daily Care, £18
Salicylic acid purges pores, while bifidus probiotic helps to prevent irritants from seeping in.

Kiehl's Cannabis Sativa Seed Oil Concentrate, £38
Soothing hemp seed meets antiseptic green oregano in a hydrating oil that also avoids the pitfalls (read: redness, dryness and irritation) of harsh acne treatments.

Clarins Pure Scrub, £26
Thirtysomethings have slower cell turnover, increasing the risk of blocked pores. Here, lava beads exfoliate and alpine willowherb helps reduce sebum production.

SKIN SOS

Clear winners

Adult acne is like an unwelcome visitor, especially in summer when humidity wreaks havoc with oil production. Here's the grown-up guide to tackling problem skin

Spots are no fun – at any age. But until recently, there was a blanket approach to treating them, whether you had teenage pimples or adult acne. Thankfully, there are now more innovative ways than just a dollop of benzoyl peroxide to make your breakouts disappear. It all comes down to what derms are calling 'age-specific acne', the overarching takeaway being that adult acne, which affects 40 per cent of women, is a very different beast to teenage breakouts. 'Growth hormones in your teens send oil production into overdrive, causing blackheads and whiteheads,' explains Sally Penford, director of education at Dermalogica. 'But in adults, acne tends to be the result of stress, coupled with hormonal changes, and is inflammatory, with cysts appearing around the jawline. You have to treat it differently, taking into account face

pigmentation, slow healing, sensitivity and dryness.' Keep in mind, too, that acne formulas have moved on in the past decade. Dermalogica heroes white shiitake mushroom with niacinamide to soothe and brighten scars, while Kiehl's champions calmative hemp seeds. 'The cannabidiol (CBD) in hemp seeds is anti-inflammatory and aids in the treatment and prevention of spots,' says Dr Alexis Granite, Kiehl's consulting dermatologist. 'Hemp seeds also contain essential fatty acids, which help regulate skin's sebum production.' The first spot diagnosis tool engineered by AI has also launched. Using photos on your mobile, La Roche-Posay Effaclar Spotscan* can grade the severity of your acne before providing advice and product recommendations – pretty useful when you consider only two per cent of the UK has access to a dermatologist IRL.