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Tried & Tested

Want great skin and hair? Try these.

DESIGNARÉ ROADTESTS...

Text ANUSHA K

COSMELAN-AMF



THE TREATMENT

Cosmelan is a professional depigmentation programme created by medical cosmetics company mesoestetic. It works to lighten blemishes and even out skin tone for a brighter, fairer complexion. Pigmentation may come in the form of acne scars, UV damage or due to melasma, which usually affects women who have experienced hormonal changes due to menopause and pregnancy, all of which cosmelan works to lighten. The treatment can be done by both men and women, with visible results expected as early as three months.

Cosmelan debuted with a cult following in Hollywood with a 95% effectiveness rate – and recently, mesoestetic came out with a new formulation, cosmelan-amf, less harsh than the original as it reduces the redness and peeling of skin as compared to the original formulation, without a reduction in the potency or effectiveness of the treatment.

The treatment can only be done at authorised clinics and by authorised doctors, who can ensure that the product that is being used is genuine – so as to put to rest fears of dangerous side effects from un-authentic products. I had mine done at the Medical &

Rejuvenation Centre with Dr. Toby Hui, who assessed my skin condition and explained the process and expected effects beforehand.

The treatment begins with a cleansing of my face to remove all traces of makeup and impurities. I was instructed to remove my makeup with a cleanser beforehand, and the nurse did a more thorough cleansing with alcohol swabs. Dr. Hui then applied an in-clinic peel with the cosmelan-amf mask, which contains acids and titanium dioxide that exfoliate the skin and lighten pigmentation. The mask is usually left on anywhere from 6 – 10 hours. As Dr. Hui explained that my skin had spots that were relatively darker, he recommended that my mask should stay on for 10 hours.

The mask is a light beige shade, which would blend in better with Caucasian or Asian skin tones that are fairer – not so much for my darker skin tone, which made the car service that was provided a welcome relief – tinted windows and a trip all the way to my doorstep were a nice touch indeed.

Dr. Hui had explained that I could expect redness for up to 24 hours after the peel and that my skin could start to peel for up to two

weeks afterward, depending on my skin's sensitivity. I had also been given a home maintenance regimen comprising two creams, Cosmelan 2 (with active lightening ingredients that work rapidly to inhibit the formation of pigmentation-causing melanin) and Hydra Vital Factor K (with moisturising properties to retain skin's elasticity). Sunblock is also a must. My instructions were to use both creams twice a day in place of my regular skincare regimen for 14 days, after which I returned for a follow-up review appointment.

I experienced some peeling and flaking of my skin for the first two weeks or so, which was normal. It eventually subsided by the third week, as did any redness or discomfort. From the second week onwards, I could start using my usual skincare products again in the morning, while continuing with the two creams at night.

Dr. Hui explained that once the treatment is stopped, it is only natural for new pigmentation to form. However, he does reassure me that my complexion would not darken overnight – with proper care, I would be able to maintain the results of the cosmelan-amf treatment. It is also generally recommended for patients to follow the home care regimen for twelve months after the peel to see a more stable result.

THE BENEFITS

- A fairer complexion due to the whitening effect of the treatment
- Lightening of pigmentation due to blemishes, acne scarring and melasma
- A more radiant and rejuvenated complexion
- Excellent results for lightening pigmentation especially when used in conjunction with laser treatment

THE VERDICT

I've received compliments from colleagues, friends and family for my complexion, which has visibly improved in the three months since I did the peel. Not only is my complexion more radiant and visibly fairer, I have also noticed that some of my darker acne scars have lightened. While I have been warned that acne outbreaks that occurred after the peel would still leave fresh scars, I personally find that the scarring does lighten slightly with the continuation of the home care regime. I also take extra care to use sunscreen meticulously as well, which contributes to preventing future pigmentation from sun damage.

THE COST

\$1,500 before GST

**For full listing of clinics and doctors providing genuine cosmelan treatments, please visit: <http://www.gromarkasia.com/genuinecosmelan>*