

# Ask the expert



Are brown spots or wrinkles causing you concern? Dr Sam Bunting is here to answer your questions about the multiple signs of ageing



**Q** I work in a warm, dry office and it seems to intensify the signs of ageing on my skin. How can I keep my skin properly hydrated?

**A** To ensure your skin is kept hydrated, it is important to drink plenty of water and use a rich moisturiser to help replenish moisture lost by the skin. Try RoC® Multi Correxion Day and Night Cream, which contains shea butter and glycerine, and provides 24-hour moisturisation.

**Q** What can I do about the appearance of brown spots and uneven skin tone?

**A** Brown spots are caused by cumulative sun exposure over time and lead to an uneven skin tone that can appear ageing. The formation of brown patches may also be due to changes in hormone levels, but sun-exposure also plays a key role in their development. These 'sun spots' can be a challenge to eradicate as cell renewal in the skin slows with age.

For everyday life, try using a face cream such as RoC Multi Correxion, which contains vitamin C derivative to help fade

the appearance of brown spots and UV filter (SPF 15) to help fight against the appearance of future brown spots.

**Q** My skin seems to look tired and dull as I get older. What product can I use to help make my skin look brighter and softer?

**A** Skin brightness is a key issue as you get older, as radiance and lustre decrease with age. Try RoC Multi Correxion Day and Night Cream, which contains silk pearl technology – a unique combination of light reflectors that will immediately boost your skin radiance.

**Q** The skin under my eyes has started to appear baggy with dark circles. Will an eye cream help?

**A** With age, the skin under the eyes becomes thinner and more wrinkled. This causes blood vessels to become more noticeable, resulting in the appearance of dark circles and eye bags. Why not try RoC Multi Correxion Eye Cream with light reflectors? You can also try applying cool cucumber slices or tea bags to help reduce morning puffiness.

## SEND IN YOUR QUERY FOR A CHANCE TO WIN ROC TREATS!

If you have a skin-ageing dilemma, or just want to know more about anti-ageing, then send in your question and contact details to [roc@redmagazine.co.uk](mailto:roc@redmagazine.co.uk). Dr Sam Bunting will pick some of the questions and offer advice in the next issues of Red. One reader will win a year's supply of a RoC product of their choice, worth £150. Closing date: August 3rd, 2010. See terms and conditions.

For more information about RoC, visit [rocskinclinic.co.uk](http://rocskinclinic.co.uk) or call the careline on 0845 600 4477.



**Terms and conditions:** 1. Promotion is open to UK residents aged 18 years and over, excluding employees and their families of Johnson & Johnson Ltd and Hachette Filipacchi UK Ltd, and any other associated with this promotion. 2. One entry per person. 3. No purchase necessary for this Promotion. The closing date is August 3rd 2010. Entries received after the relevant closing date will not be accepted. 4. All those who have submitted a question to Dr Sam Bunting and who have supplied their full contact details, will be put into a prize draw for the chance to win a year's supply (six units) of the RoC product of their choice\* ('the Prize'). One winner will be drawn under independent supervision on August 4th and notified by email within seven days of the draw. If the winner cannot be contacted within 21 days of the draw, the Promoter reserves the right at its absolute discretion to withdraw prize entitlement and award the prize to a substitute winner drawn at the same time as the original. 5. Promoter's decision is final. No correspondence will be entered into. 6. Prizes are non-transferable. No cash alternative is available. 7. Promoter retains sole discretion to withhold prizes without liability if in its view the winner is ineligible or the entry is invalid. The Promoter reserves the right to withdraw or amend this promotion in the event of unforeseen circumstances outside of its control. 8. Details of the winner's name and counties will be available from the Promoter on written request by sending a SAE to Promotions, Hachette Filipacchi, 64 North Row, London W1K 7LL within 28 days after the prize draw closing date. 9. Details of participants and winners shall be retained by the Promoter for the purpose of (i) responding to questions raised to Dr Sam Bunting, and (ii) administration of the Promotion. Participants may withdraw their consent to the retention of such data at any time by declaring such withdrawal to the Promoter. 10. To the extent permitted by law, the Promoter excludes all liability whatsoever to entrants and the winners in relation to this promotion and the prizes to be awarded. 11. This promotion and these terms are governed by English law. 12. By participating you are deemed to have accepted these terms. 13. Promoter: Johnson & Johnson Limited, Foundation Park, Roxborough Way, Maidenhead, Berkshire, SL6 3UG.