

In love with LUSTRE

Living with acne can be a nightmare – from the spots to the scarring, pitting and even psychological effects, it's a problem that most sufferers go to great lengths to sort out. Paralympian Hannah Cockroft has found success with Lustre Pure Light, and she's not the only one, writes CLAIRE MENZIES

YOU might think gold-medal-winning Paralympians don't have to worry about bad skin or acne.

But you'd be wrong.

Hannah Cockroft stormed to victory in the 100m and 200m T34 wheelchair sprints at London 2012, setting two new Paralympic records at the same time – adding to the six she'd already broken. Then this summer she smashed another at the Anniversary Games.

The only thing different about her performance this year was that she was sporting visibly clearer skin.

After her double gold medal wins of 2012, the 21-year-old suffered the indignity of public scrutiny over the acne that had plagued her since secondary school.

'It's something that has affected my whole family, so it's not uncommon and I knew it was going to come,' she said in a blog for the Lustre Clinic. 'But especially with being the only girl in the family, it can make you feel very self-conscious.'

'The thing that got to me most with London 2012 was that there were so many supportive people. There were, however, a lot of other people making negative comments such as, "she's an athlete, how can she have bad skin?"'

'The comments ... affected my skin confidence, especially when going to red carpet events as you always want to look your best,' Hannah explained. 'I had a list of appearances to make and lots of pretty dresses to wear, but I didn't want to have to be layered in make-up.'

The change came for her when the Lustre Clinic contacted her with details about their blue light acne treatment called Lustre Pure Light.

'When Lustre approached me with this new product I was getting desperate and would have tried anything. Luckily, Lustre worked so that made me happy. I don't feel the need to use heavy makeup now as my acne has almost disappeared. It has changed my life, really.'

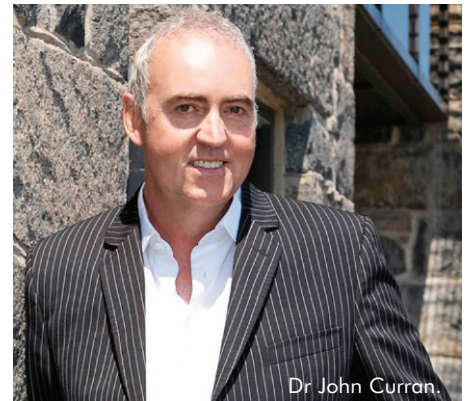
As fellow acne sufferers will know, that's a pretty big statement. Traditionally patients have been treated with antibiotics. However, as antibiotic resistance becomes an ever-growing problem, there have been calls within the profession to reduce their use. In fact, leading US dermatologists have asked colleagues to stop prescribing them for acne except in exceptional cases. For those with the condition it is a constant battle against the bacteria that cause spots, and in many cases scarring and pitting of the skin.

'Having a device that can be used daily with proven effectiveness but without the side-effects is a major breakthrough,' said Dr John Curran of the Aesthetic Skin Clinic.

Dr Curran uses Lustre Pure Light in his



Hannah Cockroft with her MBE.



Dr John Curran.

clinic and has seen the results for himself. He is as passionate about its success in fighting acne as Hannah, and has been treating patients with the skin complaint for many years.

Through clinical practice he has found that the best way to fight acne is with a combination of products.

'Acne gets much better if there are multiple modalities of treatment used at the same time,' he said. 'If you use these products together, their combined synergistic effect can often mean that one and one equals three in terms of results. For most patients, the first-line approach should be good cleansing and using a product that contains salicylic acid [an active ingredient of aspirin] and benzoyl peroxide, which can be obtained over the counter from the pharmacist. In clinical practice I find a regime made by Obagi called Clenziderm to be one of the most effective systems in the early stages of acne.'

'With the introduction of blue light, my second line of approach would be to recommend the portable home use device Lustre Light. We know from clinical studies that pure light at 420nm, which is in the blue spectrum, is effective at killing the P. acnes bacteria,' Dr Curran explained.

'Although in the initial stages it is recommended that the treatment should be used for an hour daily, a new professional level device has been launched, the Lustre Light Pro, which can be used for a mere 20 minutes a day.'

Blue light is clinically safe, as it is not in the UV spectrum and so won't age the

skin or damage it.

'The results are stunning in clinical practice,' Dr Curran said. 'We've had patients on the topical cleansing agents, oral antibiotics and hormonal treatment who are still not achieving the results they want, but the addition of the Lustre Light seems to do the trick.'

It certainly did for Hannah, as the pictures on the Lustre Clinic's website – and countless news sites – testify. The best part is that as a small, portable device it can be easily transported and fitted into a daily routine.

'In the past you had to go to a doctor's surgery for laser light treatment,' Dr Curran continued. 'It was time-consuming and expensive. Now you can do it at home – when you're watching a movie or on social media.'

'It's really useful because it's little so I could easily carry it around with me,' Hannah explained. 'I could take it to hotels and different track meets and just sit with it on. It was so useful. I could incorporate it with whatever else I was doing.'

'One thing I would say to every patient is that it doesn't work if you leave it on the sideboard,' Dr Curran concluded. 'You have to charge it up, switch it on and apply it!'

► The Lustre Pure Light, £195, and the Pro Version, £295, are available from the Aesthetic Skin Clinic, Healthxchange, Albert House, South Esplanade, St Peter Port, on 736699. Or visit www.askinclinic.co.uk to be assessed online and for more details. Go to www.the.lustreclinic.com/hannah-cockroft/ to see Hannah's blog and read her statement. Visit www.skinstation.co.uk for details on Obagi products.

