

Insider secrets for natural beauty



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Q | I've recently been taking more notice of my skin as I age and, as a result, paying close attention to my beauty marks/moles. What should I be looking for and how do I know when something might be dangerous? What's the consensus on removing them?

- Pam, Toronto, Ontario

A | Dear Pam,

Beauty marks (or spots) and moles are almost always harmless, but unlike moles, beauty marks don't protrude. It is important, however, to monitor them as a sudden or marked change may be dangerous to your health. Moles that are larger than a pencil eraser, asymmetrical, have irregular borders or change in colour should be checked by your physician. If identified as benign they can be easily removed by a qualified physician using various techniques and should heal in about two weeks with minimal scarring, if any.

Beauty marks have been fashionable since the 18th century (hence the name) and often intentionally created with pencil on the face. In my opinion, beauty marks and moles give character to a face or body part. As far as removing them, it really depends on if you see them as a nuisance or a beauty.

Q | I've been getting sporadic rashes/red spots on my stomach and legs, and sometimes on my cheeks and forehead that disappear in 48 hours. I can't seem to figure out if it's what I'm eating, my moisturizer or my makeup products. What can you suggest?

- Adriana, Montreal, Quebec

A | Dear Adriana,

I would start by paying attention to what you have eaten or used topically when the rash or red spots appear. It sounds like it could be an allergic reaction to something that you are ingesting. With your moisturizer, it would tend to be more localized and it seems to be affecting other parts of your body. I would encourage you to use an organic moisturizer and mineral makeup as the body absorbs 65 percent of what we apply on it. Another possibility could be from various niacin products as they can cause flushing of the face and trunk. This side effect, known as the niacin flush, is harmless but often severe enough to cause redness and itching. In order to help prevent the flush, you should always start with a low niacin dosage. If your rash/red spots persist, I would recommend that you see your naturopathic doctor or a holistic allergist. ♡



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