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## Skincare tips

Skincare is an important part of routine to maintain and achieve a healthy skin. The term is broad and relates to products and routines in achieving a healthy skin. There is no standard or “best” skincare regimen that will fit everyone as this needs to be adjusted according to the individual’s skin and its needs. There are some key concepts and ingredients that are used frequently in skincare.

### Cleansers:

There are many different types of cleansers from foams to gels to those suitable for sensitive skin. It is important to find a suitable cleanser for your type of skin (oily, sensitive, dry, rosacea prone, etc.). This can be discussed with your dermatologist.

### Exfoliators:

Exfoliation is important as it regulates the cell division cycle and gets rid of the dead skin cells that build up in the superficial layer of the skin and potentially clog up the pores or give a dull appearance to the skin. Frequent exfoliation can cause dryness of the skin and its choice and frequency will depend on how oily or sensitive the skin is.

### Moisturizers:

A moist skin is an important part of skincare and is frequently used. There are different bases of moisturizers from creams to lotions and serums. In general the drier the skin the richer the moisturizer and preferably cream based. Serum moisturizers are lighter and give less of a shiny or greasy appearance and are very popular. Ingredients such as hyaluronic acid, glycerin, urea, are some of the key ingredients.

### Anti-oxidants:

Oxidative stress from pollution, ultraviolet light, poor sleep, smoking, etc can take its toll on the skin and cause damage through reactive oxygen species molecules. Anti-oxidants are key ingredients that protect the skin against harmful oxidative stress. Key ingredients are vitamins C and E, Green tea, Resveratrol and few others. These are best used in the morning.

### **Sunscreens:**

Sunscreens are an essential part of skincare and protect the skin against the harmful rays of both UVA and UVB. These should be used daily and the SPF which is a measure of protection should be higher in the summer months.

Please discuss the suitable sunscreen with your dermatologist.

### **Retinol/Retinoids:**

Retinol is a vitamin-A derivative that is widely used in skincare as it regulates the cell cycle of the skin, strengthens the skin, acts as an anti-aging cream, reduces acne and pigmentation and helps improve on fine lines and wrinkles.

These should be used under advice from a dermatologist for the best frequency and concentration.

### **Nicotinamide/niacinamide:**

These ingredients are vitamin B3 and are important in a number of functions including strengthening the barrier function, a moisturising effect, protective action against skin cancer and reduces hyperpigmentation.



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