

Page URL: [REDACTED]

New Title Tag: All About Pigmentation | Clean Skincare [REDACTED]

New Meta Description: What is hyperpigmentation? Are you suffering from it? At [REDACTED] we have listed a guide to help you understand what it is, and how we can help you treat it!

## H1: Everything You Need to Know About Pigmentation in Skin

As we get older, it is inevitable that our skin will change; everything from [wrinkles, fine lines](#), adult acne, and pigmentation. Hyperpigmentation, specifically, is one of the biggest skin concerns many people have today. Many grab for high-coverage concealers and foundations to cover the problem. However, you may be wondering how to fix the problem underneath the surface. At [REDACTED] we have listed a comprehensive guide on how hyperpigmentation works, and how to prevent and treat it.

### H2: What is Hyperpigmentation?

Hyperpigmentation is the darkening of the skin and skin pigmentation. A pigmented lesion is caused by an abnormal production of melanin (pigment) which makes it visible to the skin surface. This growth of melanin forms into usually brown or black spots (what is known as dark spots). So if you are suffering from pigmentation, what can you do to fix it?

### H2: What Causes It?

First, let's learn what causes it. There are several types of hyperpigmentation, the common ones being melasma, sunspots, and post-inflammatory hyperpigmentation. Here is what you need to know about the 3:

- Melasma- Melasma is believed to be caused by hormonal changes and usually develops during pregnancy. Areas of hyperpigmentation can appear on any area of the body, but they appear most commonly on the stomach and face.
- Sunspots- Sunspots are related to excessive sun or UV exposure over time. Generally, they appear as spots on areas exposed to the sun, such as the hands, chest, and face. This is when dark spots form, which can absorb the light to protect the skin cells from damage caused by UV radiation.
- Post-inflammatory hyperpigmentation- This is caused by injury or inflammation to the skin. A common cause of this type is post-acne marks or various forms of dermatitis, such as eczema.


### H2: How to Prevent & Treat It

So what can you do to prevent it and treat the problem? First, if you notice that hyperpigmentation on your skin is being brought on by the sun, the best way to prevent it from growing is to avoid the sun. Make sure to incorporate sunscreen with at least SPF 30

into your skincare routine daily, especially during the [summer](#). Applying sunscreen daily will help prevent dark spots from forming on your skin.

The best way to treat hyperpigmentation is not only to wear sunscreen but to also include a vitamin c derivative into your routine as well. Vitamin C is filled with antioxidants, which help melanin from forming in the first place. Vitamin C includes all types of forms, including citric acid, [ferulic acid](#), [azelaic acid](#), and more. Vitamin Care is rich in antioxidants, which are effective in providing anti-inflammatory properties. This can help anyone who is suffering from acne and other forms of dermatitis.

H2: Let  Help!

If you, or anyone you know, are suffering from any form of [pigmentation](#), let us help! At  we offer comprehensive products that help with all types of skin concerns. From moisturizers to serums, our products contain high-quality ingredients so that they are suitable for all skin types. If you are interested in learning more about [our values](#), please check out our [shop](#)!