

Dayenne Cosmétique

LONDON

02 MAY 2006 - Daily Mail



Yeast's a clear winner for acne

SCIENTISTS have discovered that yeast – used to make bread and beer- can help improve the skin of acne sufferers.

Preliminary trials showed that yeast helps clean out the blocked pores that trigger acne. Skin specialists from University of Munich and from Nanterre, France, found that after three weeks of applying a yeast-based cream, sufferers' skin improved significantly.

It is believed that yeast's ability to reduce the production of sebum, the natural oil produced by pores, is a key factor.

Dr Aamer Khan, a Harley Street skincare specialist, said: 'After two or three weeks, spots disappear so that you wouldn't know they had been suffering from acne.'

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