

Dayenne Cosmétique

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The natural cure for acne

A store-cupboard ingredient is revolutionising the treatment of spots

Scientists have discovered that yeast – used to make bread and beer - can help improve skin sufferers' skin.

In clinical trials a yeast-based cream had a significant effect on the skin of people with the condition when applied for three weeks.

Experts are still not sure why yeast should help acne, but they think its ability to reduce the production of sebum, the natural oil produced by pores, is a key factor. Yeast also keeps the pH of sufferers' skin quite acidic at around 5. This helps kill bacteria that cause acne.

'Brewer's yeast has fascinating skin properties,' says Harley Street skin specialist Dr Aamer Khan. 'I've noticed that it's led to significant improvement in patients with spotty and inflamed skin. Their skin has cleared so you wouldn't know they'd had acne.'

Gloria Kakoulli, a film studies student, started suffering from acne about two years ago.

'I seemed to have a hormonal change and my skin went from being clear to being spotty and red,' she says.

'I'd gotten to the age of 18 without having acne and it was a shock when my skin changed. I tried using over-the-counter remedies and antibiotic ointments from my doctor, but nothing worked. My GP was about to refer me to a consultant dermatologist.

'Then the pharmacist in the chemist where I work part-time suggested that I try Dayenne, a cream that contains brewer's yeast. When I applied it there was no change for a couple of weeks but in the third week my skin became less oily.

'Then my inflamed spots started to fade and after a month I had no marks on my skin. If the spots start to come back I use the cream for a week or two and they go away.'

Alison Dudley, chief executive of the Acne Support Group, says: 'We've had good reports on brewer's yeast from our members.

I'd always encourage acne sufferers to try a product for a month or two to give it time to work.

Dayenne Day Cream costs £14.99 for 40ml. Buy it from Dayenne Cosmétique (020 8904 1603; www.dayenne.co.uk) which also stocks brewer's yeast-based night cream, soap, tonic lotion, cleanser, face mask and shampoo.

For acne advice, call the Acne Support Group on 0870 870 2263 or visit www.stopspots.org.

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