

PIGMENTATION

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*Your guide to more
vital skin*

Understanding, preventing and treating uneven skin tone.
“Prevention is Power”

VIVENTESKINCARE.COM



01 Understanding Pigmentation and Busting the Myths.

Pigmentation is the natural colouring of your skin. It comes from a pigment called melanin which is made by special cells in your skin. Melanin is what gives your skin, hair and eyes their colour - and it's also your body's way of protecting you from sun damage.

But sometimes, things can go a little off track. When your skin makes *too much* melanin in certain areas, it causes dark patches or spots to appear. This is what we called hyperpigmentation.

It can show up in various ways including freckles, sunspots, melanoma or dark marks left behind after a breakout or injury. And while it's incredibly common, especially for women over 30, many people find it frustrating and confidence knocking.

But wait there's good news! With the correct care, you CAN improve uneven skin tone, prevent new spots from forming, and feel more confident in your skin again. At Vivente, we help you get there gently - no harsh treatments or scary peels needed!

02 Where do you start ?

If you're noticing stubborn dark spots, uneven skin tone, or patches that just won't fade - the first thing to know is you're not alone. Pigmentation is incredibly common, especially as we age and our skin begins to reflect the story of our lifestyle, hormones and sun exposure. The best place to begin? Understanding your triggers and calming your skin. You can't fade pigmentation effectively if your skin is stressed out, inflamed or constantly under attack from the environment or harsh scrubs.

Before you dive into bleaching ingredients or laser treatments, you need to focus on repairing and protecting your skin barrier. This means simplifying your routine, avoiding overly active ingredients (for now), and committing to daily sun protection - without compromise. Think of this as your skin's daily insurance policy.

Then, once your skin is calm and ready, we can introduce brightening ingredients and targeted treatments. At Vivente we start with a thorough skin analysis to create a plan that suits your skin's current condition, not just what it "should" tolerate. It's a gentle, layered approach - not a quick fix - but it works.

Your skin didn't become pigmented overnight, and healing it will take time, consistency and the right kind of care.

Step One



Proper Diagnosis. It is important to determine what type of pigmentation you have.

No over-exfoliation! Keeping your skin's natural barrier intact will keep it more resilient when under stress attack.

What Not to do !



Avoid the temptation to scrub, peel or overload your skin with every 'brightening' product on the shelf. Over doing it can actually trigger more inflammation and worsen your pigmentation. Steer clear of DIY acids, harsh exfoliants, or skipping sunscreen - these mistakes can set back months of progress.

Care at home



- Gentle cleansing.
- Barrier repair moisturisers
- antioxidant-rich serums are key.

Most importantly

- high-quality sun protection.

Giving the Love



Pigmented skin is stressed skin. It needs love, not punishment. support your skin with calming products that hydrate, and a consistent home care routine. Rest, nutrition, and even your mindset can affect your skin - this is a full-body approach. The more you soothe, the better (and quicker) your skin responds.

What to do ?



1. Make an appointment with us at Vivente for a discovery session to learn about YOUR skin.
2. Bring along the products (including primers & foundations) that you are currently using so we can look at the ingredients
3. Get a personalised Skin Treatment Plan

Stop looking for Instant Results



Pigmentation is notoriously stubborn. It takes time to fade, and that's okay! Chasing fast results often leads to disappointment - or worse, more damage. Trust the process.

At Vivente, we track your progress with regular skin scans so you will see change - even if it's slower than you want.

What are some alternatives?

SQT Bio Liquid Needling

Stimulates collagen and elastin production as well as brings pigment to the surface gently.

Shibata Skin Needling

A more gentle alternative to traditional skin needling that stimulates collagen and elastin production but is less invasive with little to no downtime

LED

Yellow Light Emitting Diodes fire up the engine room of your skin cells (mitochondria) and calm pigment

Skin Needling

Traditional skin needling that stimulates collagen and elastin production has a bit more downtime but combined with gentle skin peels can shift stubborn deep pigment



What can I add to my home regime to assist in my pigmentation recovery?



hero products

Meder - Lumino Derm

Botanical Extracts - Pigment Control &
Environment Protector

Available in store at Vivente or online at
viventeskincare.com



Don't go it Alone

It is easy to feel like you are all by yourself and no one understands your frustrations with your skin not behaving like you want.

There is no need to put on a brave face - ask us for help!



How fast will it get better?

The sooner you begin a healthy daily home routine with nourishing products, the sooner you will see results.

Slow and steady wins the race! There will often be set backs but we can help you get back on track fast.



Your unique pathway

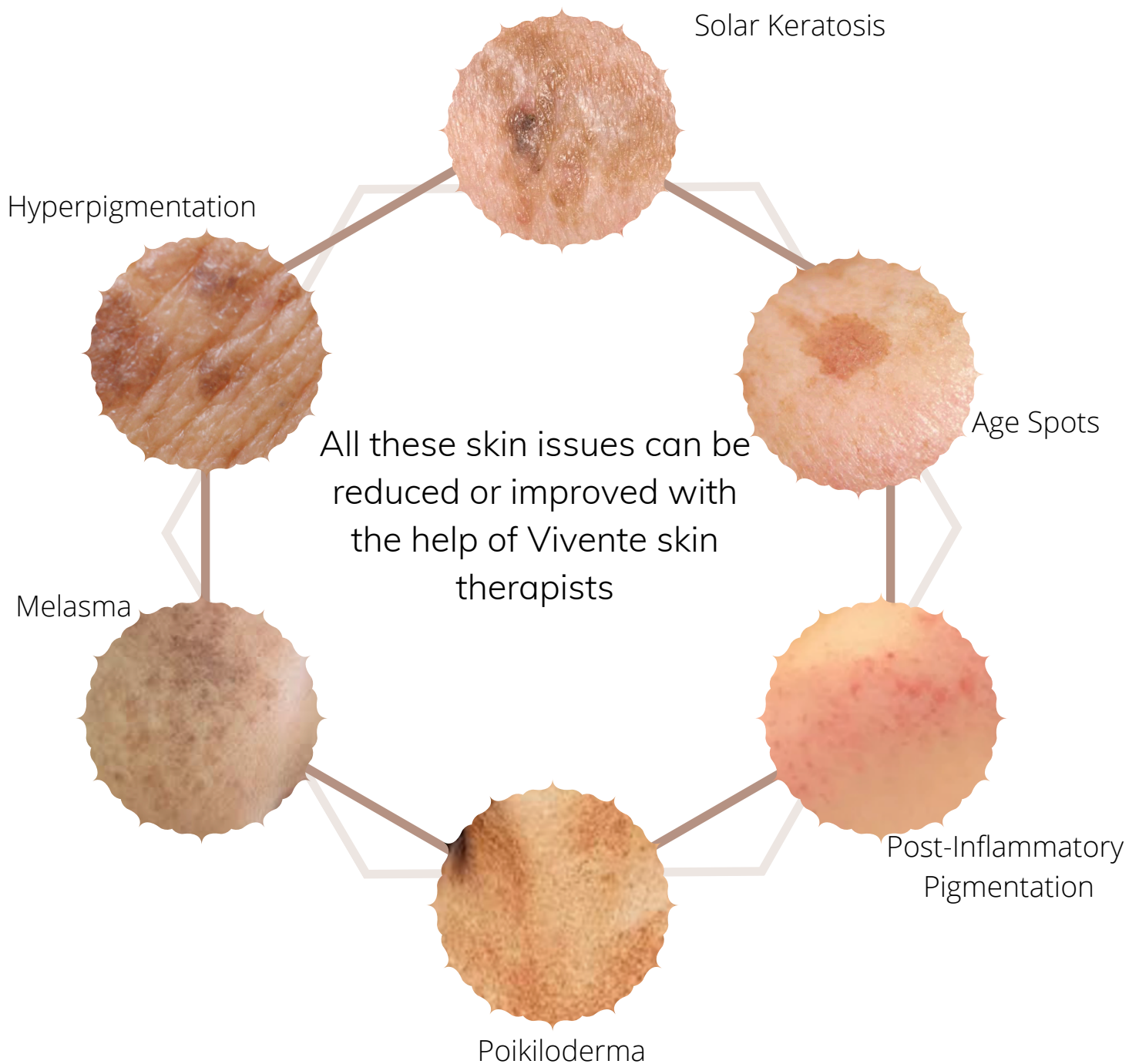
Our favourite pathway at Vivente to get you quick results is :

- Skin Diagnosis
- Gentle Home Care Products
- LED (for healing and collagen repair)
- Regular hydrating facials
- Gentle skin peels (you really don't need those 'your face will fall off type of peels!)
- We specialise in gentle resurfacing & bio liquid needling

What symptoms of pigmented skin can we help remove or reduce?

From brown spots to barnacles, skin tags to fine lines:

These are some of the common problems that can be dealt without serious medical intervention





How can Vivente help?

At each visit, we monitor your progress, help you understand why your skin behaves like it does, and slow down the acceleration of the aging process



Your first visit with us

Our main objective is to get your skin's barrier function back to what should be normal. We calm the skin and concentrate on normalising hydration levels so your skin becomes more resilient. Once this is achieved, we can begin the skin results with designing a treatment plan.



Your follow up sessions

All skin treatment plans and product prescriptions are regularly monitored according to your feedback and what we see. Weekly payment Plans are available

Healthier skin is our passion here at Vivente!

Hi! I'm Kim

I have been in the beauty industry for 40+ years and I literally have seen it all. My passion is to get you feeling confident and smiling again!



Let's start your skin journey today.

There are lot's of ways to reach out to me at Vivente

email

hello@viventeskincare.com

facebook & instagram

viventeskincare

or

book online for a skin diagnosis on our website:

viventeskincare.com

Let's get in touch

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