

Blog

My Struggle with Melasma

By *Brooke Burke* on February 16, 2011



I have been struggling with melasma, also known as “the mask of pregnancy.” Plain and simple, melasma is those ugly annoying brown spots that appear during our reproductive years. Some women get it from the pill, hormones, and most of all pregnancy. If you’re lucky, it goes away after you roll out of your hormonal changes. Mother Nature sure did stick it to us! First, we give our bodies during pregnancy, then we lose that gorgeous full and thick prenatal hair, but worst of all many of us are left with noticeable brown spots on our faces. Mine traveled to a new location with each baby, and after my son the dark brown blotches that practically covers my entire cheek decided to stay put! I guess beauty really does have a price, but in this case it was my son’s beauty at my expense!

I make light of it now, because I have been fighting melasma and trying to conquer it for many years now. Trust me, I have tried everything. Some of you may remember the segment I did with a fellow mommy for The Doctors Talk show. I humbly revealed my melasma after wiping off my thick, full coverage TV make-up on Nat’l television! Then I went in for treatment with another lucky mom from the studio audience. I did 2 laser treatments, then a chemical peel. I was happy to reveal my problem, and hopeful that treatment would fix it, but no luck! Good news is that it worked for Lisa- lucky mommy!



I have continued to try a variety of treatments, including fractional laser, I.P.L. laser, chemical peels, skin lighteners, brightening treatments, and prescription bleachers. It's crazy how much I went through, and I did not see much difference, Melasma is tricky and stubborn and the sun brings it out. Even driving in the car and getting dash board bounce is too much sun exposure. For the last year I

have mastered the art of covering up my spots. It really bums me out, because I am a less is more kind of make up girl, I LOOOOVE the sun, and I am always striving for a natural look.

Here are some full coverage cover ups that I am currently using: Illum Nare, Concealing Mineral Foundation, Redpoint Noc-Out Cover-up Compact, Sheer Cover Mineral Powder Foundation. As you can see, I cover it pretty well...

I always use a 55 sunscreen, CellCeuticals is great and lasts for up to 4 hours. I recently met Dr. Kalil, who invented the VIPeel. He has been treating my skin. I am finally getting some positive results using his formula and faithfully following up with his recommended products. My advice is to stay out of the sun, treat what you can and cover up what you can't. I assure you that no one else is looking at the same things that you see in the mirror.

Beauty is there even when it is not so pretty....

A little bit about the peel I received: Dr. Abdala Kalil is the CEO of Vitality Institute Medical Products. According to Dr. Kalil, the **VIPeel** contains Phenol, TCA (trichloroacetic acid), salicylic acid, vitamin C, retinoic acid, hydroquinone, and cortisone. Dr. Kalil says that by combining forces, the powerful acids are used at a lower concentration to avoid any side effects. "Brooke's peel was slightly modified and customized for her skin, but the idea is the same," he explains. "And," he adds, "our peel is painless."