

Melasma

Understand why melasma is different from an isolated dark mark and why visible-light protection and long-term management matter.



What it means

Melasma usually appears as symmetrical brown or grey-brown facial patches. Ultraviolet light, visible light, hormones and genetic susceptibility can contribute. It is chronic and can recur, so aggressive treatment that creates inflammation may make the pattern harder to manage.

Important limit

Peels, microneedling and light procedures are not automatic melasma treatments. They can cause irritation or post-inflammatory pigment and need conservative selection within practitioner scope.

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How Idalia may support you

Route	Purpose	Starting point
Skin consultation	Separates a suspected melasma pattern from other pigment concerns and supports diagnosis.	Consultant
Gentle facial support	Barrier support without heat, abrasion or an automatic peel.	From GBP 45
Dermatology-led plan	Prescription options and procedure selection when formal treatment is required	Referral

A useful home-care foundation

- Use tinted broad-spectrum SPF 30+ with iron oxides
- Wear a hat and seek shade
- Avoid products that burn or sting
- Expect maintenance and possible recurrence

Pause and seek appropriate review when

- No formal diagnosis
- Pregnancy-related or medication-related concern
- Atypical or one-sided patch
- Treatment-resistant or worsening pigment

Remember

This leaflet is general cosmetic education. It does not diagnose a condition, confirm suitability, replace medical advice or act as treatment consent. Individual response and recovery vary.

Read the full guide: <https://starwellness.studio/melasma-explained.html>

Idalia Aesthetics & Wellness - Dudley and the West Midlands