

Singapore's Heat and Humidity Are Behind a Common Skin Mix-Up, Say Doctors

Singapore's climate keeps two common skin complaints in constant rotation — and doctors say patients rarely realise they come from different causes.

SINGAPORE, SINGAPORE, August 27, 2026 /EINPresswire.com/ -- Singapore's year-round heat, humidity, and sun exposure keep skin concerns such as redness and pigmentation consistently relevant across the calendar. Doctors at ClearSK say patients frequently describe both as "uneven skin," without necessarily recognising them as two distinct concerns with different causes.

ClearSK doctors say consultations often involve separating these two concerns early on, since they are assessed differently despite sometimes appearing in the same area of the face.

"A common misconception is that redness and pigmentation come from the same underlying cause. Redness is generally linked to blood vessels near the skin's surface, while pigmentation is linked to melanin, so we assess them separately during consultation. Whether one treatment or more than one is appropriate depends on the individual's concerns and clinical assessment," said Dr Shiau Ee Leng, Co-Founder and Group Medical Director of ClearSK.

Redness and pigmentation are governed by different mechanisms within the skin. Redness typically reflects blood vessel activity close to the surface, while pigmentation reflects melanin distribution, which may sit at varying depths depending on the cause.

[Yellow Laser](#) uses a wavelength designed to be absorbed by both blood vessels and surface pigment, aimed at calming visible redness over a short course of sessions. Yellow Laser works on vascular concerns and does not specifically target deeper pigmentation.

[Pico Laser](#) uses picosecond laser energy designed to target pigment particles, helping them break down so they may fade over a course of sessions. Pico Laser works on pigmentation and does not specifically address blood vessels or redness.

Because redness and pigmentation arise from different mechanisms, addressing one concern does not necessarily change the other. Where both are identified during assessment, a doctor may discuss whether both approaches should be considered within the same treatment plan.

At ClearSK, treatment plans combining [Yellow Laser and Pico Laser](#) are developed following a doctor-led consultation, with suitability for each treatment assessed separately based on individual presentation. As with any aesthetic treatment, outcomes and suitability vary from person to person, and specific results are not guaranteed.

About ClearSK

ClearSK is a doctor-led aesthetic clinic group that is 17+ years trusted in Singapore, offering personalised, doctor-designed treatments across multiple clinic locations islandwide. Across its clinic network, more than 200,000 treatments and procedures have been performed, supporting patients with a wide range of skin and aesthetic concerns. Doctors draw from more than 100 treatment selections across skin, face, body and hair growth to develop personalised treatment plans based on each individual's clinical presentation. This approach is applied consistently across ClearSK's multiple clinic locations in Singapore.

Note: This release is intended for general informational purposes and does not constitute medical advice. Individual treatment outcomes vary and should be discussed with a qualified doctor.

Read more: [Yellow Laser and Pico Laser](#)

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