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## THE GIRLS IN THE BEAUTY DEPT.

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## Fancy fixes for strange summer skin

Thursday, 08/21/2008 at 9:00 PM [Comments](#)

Ok, so I am super frustrated. This was the first summer where I actually followed the advice I so often write about: Wear sunscreen daily, and really layer it on when you're someplace like the beach. Honestly, my skin looks just as freckly and light-brown as it always has come August. Only now it's a bit blotchy too—either a result of older age, or of my sunscreen melting off in a weird way on hot days (I'm making this up, but that seems like a possibility, right?). I even got a sunburn one day at the beach when I'd totally been applying SPF 70 every hour! Anyway, I jumped at the chance to grill a fancy-pants Palm Beach dermatologist, Dr. Kenneth Beer, about why sunscreen doesn't seem to be such a miracle solution after all, as well as what we can do to sooth/even out over-sunned skin for fall. Check out our Q&A after the jump!

### 1. Now that summer's almost over, do a lot of patients ask you to help them undo the season's sun damage?

Yes, we will see a lot of cosmetic consultations in the fall. I will inject lots of Botox to treat crow's feet and other squint lines. Lasers and Intense Pulsed Lights are also popular in the fall to help reverse the damage caused by the sun. Many people will come in to figure out what the new brown spot is or why their skin is dry and wrinkled, and we can work with them to fix these skincare issues and discuss ways to avoid them in the future.

### 2. How much would these in-office sun-damage fixes set me back?

Intense Pulsed Light is one of the best treatments to reverse summer sun damage. It costs between \$500 to \$750 per session and 3 to 4 sessions are needed. Fraxel is also great at reversing the damage. Chemical peels are effective to help turn the skin over and repair some of the sun damage by stimulating new skin growth.

### 3. Great! But on the DL, can you also share some ideas for people who don't foresee a trip to a fancy-pants derm in their immediate budgetary future?

Topical treatments with ingredients such as retinol, Vitamin C and coffee berry are all great for treating sun damage. I also use green tea, which is loaded with antioxidants to help repair the skin.

### 4. Is it really so bad to let yourself get a *leetle* tan (not a burn!) a couple times in the summer?

At the risk of going to dermatology hell - no, it is not really so bad to get small amounts of sun. Moderation and common sense should be used, however. If you have an olive skin tone, it is probably ok to get a little tan. If you are pale, it probably is not acceptable.

### 5. Sometimes I feel like sunscreen doesn't even work. How come I still get tan lines when I'm reapplying waterproof SPF 70 every two hours and not even swimming, or anything?

Sometimes the products are not as good as they appear. One well known SPF 70 from a great company does not work nearly as well as advertised and I have gotten burned using it. I recommend chemical-free formulas (described as being for sensitive skin, and containing titanium dioxide) for protection that is broad-spectrum, or using some of the well-made products that have an SPF of 50 or higher and that have UVA protection. One product that works well is [Anthelios](#).

Another is the [SkinCeuticals](#) chemical-free line of sun protection.

### 6. What's your number-one tip for getting great skin before fall (a time of year when everyone loves to start fresh!)?

Get something done to give your skin a boost—either Intense Pulsed Light or a chemical peel. Then follow it up with new antioxidant products to maintain the improvement. Also, quit smoking!

Thanks for the advice Dr. Beer! Ladies, got any skin questions you'd like me to ask him next time around?

by [Petra Guglielmetti](#)

#### Keywords

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