



Health

Best Ways To Salvage Summer Skin

Allison Van Dusen, 09.10.07, 12:01 AM ET

If you couldn't resist one last hurrah in the sun this past weekend, you're not alone.

This time of year, dermatologists' offices tend to be full of regretful patients dealing with late-summer sunburns or the splotches, dry scales and brown spots they've accumulated over the past few months.

"Right about now, people are starting to think about going back to school or work after summer vacation," says **Dr. Kenneth Beer**, clinical instructor of dermatology at the University of Miami and author of *Palm Beach Perfect Skin*. "They're looking for new ways to improve their skin."

In Pictures: Best Ways To Salvage Summer Skin

Luckily, the options are just about endless, ranging from exfoliators and hydrating creams you can use regularly to stronger peels and laser procedures performed by doctors. It all depends on the damage you've done and how far you're willing to go to repair it.

Top Tips

A good first step, experts say, is to slough off some of your damaged outer layers by exfoliating once or twice a week. Not only will you remove debris, but you'll stimulate skin's re-growth. One to try: [Zia Natural Skincare Skin Basics Bamboo Exfoliant](#), made with bamboo extract, rice bran oil and yucca extract. It promises to stimulate cellular turnover while soothing and hydrating.

Follow up with a heavier lotion than you used during the summer, especially if you're living in a climate where the temperature and humidity levels are beginning to drop, says Dr. Carolyn Jacob of Chicago Cosmetic Surgery and Dermatology, also an associate clinical instructor in dermatology at Northwestern Memorial Hospital. She suggests her patients try petroleum- or shea butter-based products.

[N.V. Perricone M.D. Body Hydrator](#) might also do the trick. This body cream is rich in the natural antioxidant polyphenols, from olive oil, said to hydrate and brighten skin.

If you're looking for over-the-counter help in getting rid of sun spots, SK-II recently launched its [Whitening Source DermDefinition](#), which aims to reset skin's tone and color by stopping the overproduction of melanin.

Dr. Jody Alpert Levine, who is opening Plastic Surgery and Dermatology of NYC with her husband, plastic surgeon Dr. Elie Levine, says fall is also the perfect time to try rejuvenating retinoids, such as Retin-A or Tazorac. Over time, they can reverse some premature wrinkling caused by sun exposure. Products containing hydroquinone also can resolve skin pigment or discoloration problems by lightening dark spots.

Another alternative for people who want more dramatic results is a PhotoFacial, a series of gentle pulsed light treatments that can improve the appearance of sun-damaged and aged skin. Although sessions are typically scheduled over a number of months, patients will see some immediate effects, Levine says.

It's also never a bad time to hydrate your skin from the inside out. Borba Skin Balance Waters contain lychee extract to promote hydration and green tea extract and vitamins K and E to make skin glow. And if that's not enough, vitamin A, papaya

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and guava extracts maximize skin moisture levels. **Dr. Beer** also suggests drinking products containing acai, a berry rich in antioxidants that grows wild in the Brazilian Amazon.

While you're at it, consider heading to a dermatologist for a full-body check to monitor moles on the skin. "The fall is a really good time, if you haven't checked in, to talk to a board-certified dermatologist," says **Beer**, "just to make sure nothing else has changed."

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