



Say Good-Bye to

# Sun Damage

The dark side of the sun? Age spots, wrinkles, and redness. Here's how to erase the imprint of too many rays



## 20s

Signs of your past tanning are starting to creep in—and stay—as collagen and elastin production decrease. An at-night retinol (try Roc Retinol Correxion, \$30; amazon.com) four times a week renews elasticity and evens texture, says N.Y.C. plastic surgeon Adam Kroll. Fade dark patches with a gentle skin lightener, and be diligent about SPF on your face, as well as on your neck, hands, and chest, which show damage first.

**DAILY Rx** L'Oréal Paris Sublime sunscreen SPF 30, \$18; L'Oréal Paris Retinol Correxion, \$30; Yves Rocher Skin Active Dark Spots No More, \$55; at Sephora.

Your increased brow doesn't buy you a free pass on sunscreen. "Anytime you tan or freckle, you're getting sun damage," says Philadelphia dermatologist Susan Taylor. Use a broad-spectrum SPF every day (oil-free formulas are less irritating to acne-prone skin). Antioxidants, contained in some sunscreens and daily serums, strengthen your skin's defenses and reverse previous lapses in judgment.

**DAILY Rx** L'Oréal Paris Sublime sunscreen SPF 30, \$18; at drugstores. **POWER FIX** You to Blueberries Skin Repair serum, \$20; at Target.

## 30s



Another thing you never realized you'd have to worry about? Hyperpigmentation. To treat sun spots, Dr. Taylor recommends weekly alpha-hydroxy peels. While there's no easy remedy for deep wrinkles, mixing a drop of argan oil (see low Josie Maran's, \$41½ fl. oz.; sephora.com) with your sunscreen locks in moisture and offers some disguise, notes dermatologist David Colbert, founder of Colbert MD Skincare. **DAILY Rx** Philosophy Here Comes the Sun Age-Defense SPF 40 for face, \$30; philosophy.com. **POWER FIX** Bios That's Incredi-Peel, \$49.50 pads; biosworld.com.

## 50s+



Thinner skin burns more easily, so an SPF of 40 or higher becomes even more critical. Cumulative sun exposure, says Dr. Colbert, "may also have broken some fibers in your skin, causing it to take on a gray or yellow cast." Adding tint to your moisturizer or sunscreen restores glow. So will skin-brightening ingredients like licorice and glycolic acid, or light diffusers such as mica and pearl.

**DAILY Rx** Clarins UV Plus HP SPF 40 Day Screen tint, \$40; clarinsusa.com. **POWER FIX** Chanel Le Blanc Brightening Concentrate, \$195; chanel.com.

### INSTANT SPF BOOSTERS

3 OTHER SMART WAYS TO SAVE YOUR SKIN

#### SKIP SMOKING, SIP SANGRIA

A recent study from the University of Florida found that the more people smoked, the more likely they were to develop skin cancer. So next time you're out to get a drink, opt for a glass of wine instead. The antioxidants in grapes have been shown to protect against UV-induced cell damage.

#### EAT YOUR SPF

Carotenoids, which are found in orange produce such as carrots, sweet potatoes, and cantaloupes, as well as in tomatoes and tomato products, absorb and diffuse the sun's energy to lessen damage to the skin. Omega-3 fatty acids in walnuts, flax, and kidney beans—just like antioxidants in green tea—guard against harmful free radicals.

#### SHROUD YOUR SHIRT

Fabrics that are darker, tightly woven, and heavier offer the best defense from the sun, says N.Y.C. dermatologist Francesca Fusco. To turn your gauzy camp shirt into something more shielding, wash it with Sun Guard (\$3; surgandspn.com), which infuses clothes with ultraviolet protection that blocks out nearly all the sun's rays.