

Easy Keys to Look 10 YEARS YOUNGER

Summer's harsh elements can leave us looking weathered — but these dermatologist secrets turn back the clock!

For years we've had our summer skin-care routine down to a science: SPF, moisturizer and one or two anti-aging products. But we've noticed that in recent years, these strategies don't seem to work as well as they used to — especially in the dog days of August. The reason? "Over the age of 50, skin becomes thinner and looser due to years of exposure to environmental pollution and damaging UV rays," explains Karyn Grossman, M.D., a dermatologist in Santa Monica, California, who has treated Gwyneth Paltrow. "And it's all exacerbated by the sun's heat and the high humidity, leaving us with hyperpigmentation, redness and a tendency to swell." To the rescue: simple, dermatologist-recommended strategies that will outsmart the effects of summer so you look as great as you feel!

ERASE AGE SPOTS

Every year around this time, freckles and age spots on our face, arms and décolleté seem to become more prominent. According to dermatologist Michele Green, M.D., an advisor for realself.com, there's a good reason for that: "Skin cells

"I actually end up having freckles on my lips ... So I use a lip balm with sunscreen in it."

Roma Downey

have 'memory,' and once reexposed to the sun, old spots reappear." And while Roma Downey's sunscreen strategy is the key to ensuring no new spots form (on the lips or anywhere else), you can eradicate existing spots by using a cream containing *kojic acid*, (a compound that reduces the production of melanin — the pigment that gives skin its color) and *glycolic acid* (a naturally derived exfoliant that sloughs off layers of skin containing melanin). Apply twice daily for results in under a month. A brand we like: Reviva Labs Brown Spot Night Gel with glycolic and kojic acid (\$13, revivalabs.com).

CALM REDNESS

Soaring temperatures lead to increased blood flow to the skin and dilation of capillaries, causing redness, says Karen Hammerman, M.D., a celebrity dermatologist in New York City. And since skin gets thinner with age, the redness becomes more noticeable.

Dr. Hammerman's fix: Apply a lightweight gel infused with licorice root, which improves capillary health. For a brand we like, try Boots No7 Calm Skin Redness-Relief Gel (\$20, walmart.com). Tip: Store the gel in the fridge — when you apply it, the cold instantly shrinks capillaries to nix ruddiness.

END PUFFINESS

As we age, the skin under the eyes loosens, making room for fluid to accumulate — a problem made worse by heat and humidity, says Dr. Grossman. To ease the resulting puffiness, she suggests an easy low-cost fix: Soak 2 caffeinated tea bags in water and refrigerate overnight. In the morning, place the bags on closed eyelids for 10 minutes. The cold helps reduce swelling while the tea's caffeine flushes excess water so skin looks tighter. Plus, tea's tannins constrict blood vessels to even skin tone.