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Seven Skincare Secrets to Combat Summer Sun Damage



To sail into fall with a glowing complexion, Cosmetic Aesthetic Expert [Dr. Cheryl Perlis](#) offers up these seven tips & tricks:

1. Exfoliate

- **Why?** Get rid of dry, flaky, scaly skin & allow treatments to reach deep within the dermis.
- **HOW:** At-home exfoliators work in a pinch, but a chemical peel or professional microdermabrasion session is more effective.
- **Must-haves:** Retin A, Renova or Retinols

2. Revitalize

- **Why?** Replenishes dull, dry skin to its original glow.
- **How:** One laser skin rejuvenation treatment with the [Laser Genesis](#) will spur collagen production while adding tautness and color. A photo facial will help damaged skin breathe and grow a healthy exterior.
- **Must-haves:** [Collagen and Elastin Gel by Clayton Shagal](#) & [Witch Hazel](#) (refreshes skin, reduces pore size, removes makeup, reduces bags under the eyes and relieves sunburn)

3. Moisturize Face and Body

- Why? Regular moisturizing prevents wrinkles and keeps skin firm and smooth.
- How: Cut back on products with Vitamin A as they dry skin. Switch from lotions to creams for deeper replenishing. And remember: exfoliate the body before moisturizing.
- Must-haves: [Pond's Cold Cream](#) - it moisturizes and cleanses at the same time.

4. De-Wrinkle

- How: Eliminate the appearance of wrinkles with dermal fillers such as [Juvederm](#) and [Restylane](#) - which remove lines & add volume. [Botox](#) also removes wrinkles and prevents them from developing further
- Must-haves: [Vaseline](#) (as long as your skin isn't acne-prone or excessively oily)

5. Replenish Lips

- How: Heal sun-damaged lips by applying balm several times per day, wax-based balms prevent sun damage while Vitamin E adds extra protection
- Must have: [Skinceuticals Antioxidant Lip Repair](#)

6. Hydrate

- Why? Unless it's hydrated, skin cannot glow.
- HOW: Drink half your weight in ounces of water as a bare minimum (eg. if you are 150 lbs make sure to drink at least 75 ounces per day as your baseline). However, if you exercise, sweat a lot or are a mouth breather, up your intake further

7. Take Vitamins

- Why? Daily multivitamins keep the body protected against sickness. During the change of seasons, a cold or flu keeps skin from getting that healthy glow.

- Lesley Scott

