



Skin so sorry

Dried-out winter skin plus the desire to get “a little color” while on tropical vacay (or at your favorite sunbed) equals a telltale red-faced you. For shame! How to make après-sun amends? First: Slather on cortisone cream to bring down inflammation, which leads to DNA damage and premature aging. Over-the-counter cortisone is fine, but not as effective as a prescription-strength version like DesOwen or Sarna HC, a salve your doctor can hook you up with. Once the burn has calmed down, consider Retin-A or Solaraze Gel to continue the repair process, and Solag e to gradually fade sunspots. The good news: Provided this is not a regular transgression, your skin will recuperate, says David Colbert, M.D., founder of the New York Dermatology Group.