

cruel summer

four of the country's top dermatologists explain how to deal with those not-so-hot seasonal skincare issues.

by diane vadino.

illustrated by elisabeth moch

hyper-pigmentation

"It's the hardest time of year to treat freckles since we're constantly being exposed to ultraviolet light," says dermatologist Dr. Fredric Brandt. "You need to avoid the sun between 9 a.m. and 4 p.m.—even when you're driving your car since you can get enough sun to lead to hyperpigmentation through the car window. I'd also add some protective clothing, like a hat, and a broad-spectrum sunscreen, reapplying it every two hours. For at-home treatment, he suggests retinoids: Retin A or an over-the-counter retinol—they increase cell turnover rates, and they'll help even out the distribution of pigment in the skin," Brandt says. "And you can couple that with an over-the-counter lightening cream."



DR. BRANDT SUGGESTS: ELURE ADVANCED SKIN LIGHTENING LOTION, \$150, FACEBOOK.COM/ELURESKIN; AVON ANEW CLINICAL LUMINOSITY PRO BRIGHTENING SERUM, \$54, FACEBOOK.COM/AVONPRODUCTS; CLINIQUE EVEN BETTER CLINICAL DARK SPOT CORRECTOR, \$49.50 FOR 30ML, FACEBOOK.COM/CLINIQUE

sunburn & peeling

"Sunburn is painful on its own, but it can also lead to brown spots, sun spots, and leathery skin," says dermatologist Dr. Jessica Wu. "When you're a kid, freckles are cute—but when you're an adult, they can merge into dark patches, and no one really likes that." Wu says that inexpensive sunscreens are often just as good as high-end brands: "I tell my clients to look for an SPF of 30 to 50—over 50 doesn't give you further protection and can actually irritate your skin if it's sensitive. If skin's already sore, soak a dishcloth in cold green tea, wring it out, and apply as a compress for five minutes."



DR. WU SUGGESTS: BURT'S BEES ALOE & LINDEN FLOWER AFTER SUN SOOTHER, \$10, FACEBOOK.COM/BURTSBEES; TAZO CHINA GREEN TIPS FILTERBAG TEA, \$4.95, FACEBOOK.COM/TAZO; LAVANILLA THE HEALTHY SUN SCREEN SPF40, \$29, FACEBOOK.COM/LAVANILLALABS

dry skin

Anyone with dry or itchy skin is probably overjoyed that it's no longer winter, the time when these conditions are usually at their worst. But, says Dr. Jeannette Graf, warm weather can wreak havoc on skin vulnerable to atopic dermatitis or eczema. "Extremes in humidity make it worse—and during the summer, we're in and out of the pool or at the beach," Graf says. "You really have to watch the amount of time you spend in the water. Moisturizer, of course, is key, and Graf also recommends 'slathering on sunscreen' or breaking open a capsule of evening primrose oil and applying it to dry spots."



DR. GRAF SUGGESTS: ELTAMO UV CLEAR SPF 40, \$29, ELTA.NET; THE VITAMIN SHOPPE EVENING PRIMROSE OIL 500MG, \$10.49, FACEBOOK.COM/THEVITAMINSHOPPE; AVÈNE THERMAL SPRING WATER, \$11.50 FOR 118ML, FACEBOOK.COM/EATHERMALLEAVENUSA

acne

"Some people's acne gets worse in winter, but there are plenty of people whose acne gets worse in the summer," dermatologist Dr. David Colbert says. "You're more active, people are engaging in sports more often, and you're sweating more—and when skin's moist, it's more conducive to bacterial growth." Because acne is "almost always bacterial in nature," anti-bacterial scrubs are a good place to start. A "really low-strength" antibiotic available by prescription could also be in order. "It's both a treatment and a prevention." One more thing: Acne can lead to brown spots, so Colbert recommends a "light, non-greasy sunblock" to prevent them.



DR. COLBERT SUGGESTS: COLBERT MD STIMULATE THE SKIN, \$140, FACEBOOK.COM/COLBERTMD; LA ROCHE POSAY EFFACLAR PURIFYING FOAMING GEL, \$22, FACEBOOK.COM/LAROCHEPOSAYUSA; ZENO HOT SPOT BLEMISH CLEARING DEVICE, \$39.99, FACEBOOK.COM/KYZENO