

THE ZOE REPORT

HOW TO DEAL WITH POST-SUMMER SUNSPOTS

So you spent the entire summer in the great outdoors and now you're left with a barrage of dark spots on your face. Don't worry, you're not alone. We tapped the founder of The Fifth Avenue Dermatology Surgery and Laser Center [Dr. Paul Jarrod Frank](#), who knows a thing or two about removing unwanted sunspots to get his tips for how to deal. Follow his advice and either treat them at home or opt for a quick-fix laser treatment. Because the best of summer should remain in your memory, not on your face.



What's The Deal?

"Sunspots are generally a result of prolonged exposure to the sun," explains Dr. Frank. "This increases the production of melanin and leads to pigmentation on unprotected parts of the skin. When excess melanin is generated in a certain area, it leads to a brown spots. Despite wearing sunscreen every day, these can still develop."

While it may feel impossible to fully protect your skin, a fabulous hat can up your protection even further.



Is There A Quick Fix?

Good things take time, but incorporating a good exfoliating product into your beauty routine can speed up the process. "At-home exfoliation (with glycolic or lactic acid) encourages cell turnover, which reduces pigmentation and helps fade dark spots," says Dr. Frank.

ExfoliKate, Kate Somerville \$175

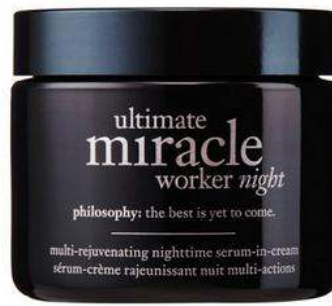


What's The Ideal Daytime Regime?

"As summer ends and the seasons change, there is a loss of humidity in the air," explains Dr. Frank. Keeping up with a daily moisturizer is important during this change. He tells us, "while lighter lotions and gel formulas are great for summer, cooler temperatures require a heavier cream for added moisture."

He also suggests using a minimum of SPF 30 every day. To streamline the process, find a moisturizing face cream that comes fully equipped with the right amount of sunscreen.

5-in-1 Face Cream, First Aid Beauty \$40



Are There Any Ingredients To Keep An Eye Out For?

Your evening routine might be even more important than the morning one because this is the time when your skin naturally repairs itself. Dr. Frank tells us, "at night, it's best to use products that contain lightening agents alpha hydroxy acids, lactic acid or retinol."

Ultimate Miracle Worker Night, Philosophy \$80



When Should I Try Something New?

In certain cases, no matter how hard you try, there comes a time for you to bring in the big guns. Dr. Frank tells us, "if brown spots are not reacting to creams, lasers are one of the most promising treatments because they address more severe sun damage and are extremely effective in permanently reversing several symptoms of sun damage."

If you want to speed up the process but still prefer to tackle it at home, devices like a handheld microdermabrasion machine give you salon-like results without an appointment.

Personal Microderm, PMD \$159