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STYLE **BEAUTY** LIFE CULTURE TRAVEL



## How to Keep Skin Damage-Free Year-Round

Keep your results looking their best by avoiding contact with the sun afterward. Christina DeMartino of PFRANKMD shares her top post-treatment tips.



Kelly acetate sunglasses, \$415, TOM FORD, [net-a-porter.com](http://net-a-porter.com).

1

### AVOID METAL SUNGLASSES

"My favorite tip—which was a game changer for me, personally—is to wear plastic-frame and plastic-lens sunglasses instead of metal frames with glass lenses when out in the sun or on the beach. The plastic reflects much less sun and when they wear sunscreen."

2

### FOLLOW THE 2-HOUR RULE

"Many people forget to reapply sunscreen every two hours or after swimming." Reapply, reapply, reapply!



UV Protective Cream, \$130, CLÉ DE PEAU, [net-a-porter.com](http://net-a-porter.com).

3

### THINK OUTSIDE THE BOX

Don't forget to protect your lips and ears, which DeMartino says are often burned because people forget to apply sunscreen to those areas.

4

### WATCH WHAT YOU EAT

Eating healthy helps your skin protect itself from the sun. If you notice you burn easily even while wearing SPF 30 or higher, try a healthier, more balanced diet high in vegetables, nuts, omega-3-rich fish, and fruit. Foods like wild salmon, watermelon, tomatoes, pomegranate, strawberries, and fruits high in vitamin C are a great way to help your skin function at its best.

FEATURE

## GLOW GETTER

*Spent a little too much time basking in the sun? These post-summer skin treatments will restore the youth.*

BY KIM PEIFFER

Christina DeMartino, board-certified and state-licensed physician assistant at PFRANKMD, recommends that patients select the Pigment Protocol, a procedure that combines treatments to combat sun spots and lighten melasma, which tends to worsen in the hot summer months. Bonus points for the little to no downtime associated with the treatment.

"Typically, we do a series of these procedures combined with topical treatment, spaced two to four weeks apart for more dramatic results," DeMartino says. This is especially great for those with sensitive skin and for pigment that's resistant to traditional treatments.