

# InStyle

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10 WAYS TO

# Erase Sun Damage



MARION COTILLARD

For a luminous glow like Marion Cotillard's, hit the salad bar.

## 3

### Adjust Your A Game

Irony alert! Retinoids can make your skin more sensitive to the sun, yet dermatologists insist they're critical for reducing wrinkles and others signs of sun damage. Our advice: Use vitamin A derivatives at night and a hefty SPF during the day.

Roc Retinol Correxion Max Wrinkle Resurfacing System, \$24; target.com.



## 4

### Look on the Bright Side

The thin skin on our hands and around our eyes is especially vulnerable to rays. (Did you know that dark circles can be caused by sun-related melanin production?) Treat those areas with TLC by slathering on a product spiked with sunscreen and skin brighteners, says dermatologist Cheryl Karcher, who recommends Avon's Anew Clinical line.

Avon Anew Clinical Absolute Even Spot Correcting hand cream, \$15; avon.com.



## 1 Go on a Veggie Kick

All those weekends at the beach house...fun? Definitely. Great for your skin? Probably not. The good news, says **New Orleans dermatologist Mary Lupo**: "You can start bolstering your skin from the inside out by eating at least one serving of leafy greens every day. They're packed with healing antioxidants."



Heliocare Daily Use Antioxidant Formula, \$30/60; heliocare.com.

### Pop Pills

These capsules have a secret: antioxidants from the extract of *Polypodium leucotomos*. This tropical fern native to the Americas was once an aquatic plant but adapted to land eons ago by creating its own mechanism for avoiding UV damage. "One pill a day is a holistic way to slow the overproduction of melanin, which can lead to brown spots," says Dr. Baumann.



## 2

### Quench Your Complexion

Still hitting the sand without an ironclad SPF? Really? Well, at least lube up once you're back home. "Moisturizing immediately after sun exposure stops inflammation in its tracks," says Miami dermatologist Leslie Baumann.



Estée Lauder Cyber White Brightening Moisture Crème (with baicalin), \$75; estee lauder.com.