

Time For a

Fall's the Time to Make Up For All That Skin Damage You Caused Poolside This Summer. Here's How to Do it Right

944

• Writing | Jessica Cassidy
944.com/jessicacassidy

• Read More
944.com/image



If summer is the season for skin baring, then fall is the season for skin caring. Nothing less than the best — and we've got all of the hottest new products prepared — will do. So follow this simple skincare plan: Read carefully, and you just might get away with all the partying you've been doing lately, princess.

"As you come out of summer, the skin is often clogged from using a heavy sunscreen, or it's gotten dull and blotchy from the sun exposure," says Ava Shamban, M.D., founder of the Laser Institute for Dermatology and European Skin Care in Santa Monica, Calif. Luckily, top dermatologists agree, fall is the perfect time to treat your face and body to a little TLC and uncover fresh, glowing skin. Just follow this guide to revamp your beauty routine and undo some of the damage inflicted over the summer.

Renew

Before piling on restorative products, it's important to strip the skin. "You want to slough off that top layer that may be a little bit damaged," says Yael Halaas, M.D., a New York-based facial plastic surgeon who has created her own brand of skincare. "That way, all of the products you integrate into your new routine can start off penetrating deeper." Halaas suggests using an at-home peel, such as Peter Thomas Roth Pumpkin Enzyme Peel (\$44, Sephora.com) or a microdermabrasion kit, like the Ole Henriksen Micro/Mini Peel System (\$95, Olehenriksen.com), a three-step set that includes an exfoliant, peel and neutralizing cream. For the body, a sugar- or salt-based scrub can soften and moisturize the skin, and it may also help lighten a suntan.

Cleanse

A deep-cleansing agent should be used year-round. Steven Pearlman, M.D., a former president of the American Academy of Facial Plastic and Reconstructive Surgery, recommends using a wash with alpha hydroxy acids each night to gently exfoliate the skin. This ingredient — which can be derived from sugar, milk and fruit — is found in cleansers like Korres Milk Proteins 3 in 1 Cleansing, Toning and Eye Makeup Removing Emulsion (\$21, Skinstore.com) and the vegan AHA Cleanser by Beauty Without Cruelty (\$9, Beautywithoutcruelty.com). When used in a lotion, AHAs can be left on overnight; we recommend DHC's Renewing AHA cream (\$37, Dhccare.com). A salicylic acid-based cleanser, like Peter Thomas Roth's Anti-Aging Cleansing Gel (\$35, Peterthomasroth.com), will also restore a youthful glow to the skin and help prevent breakouts. If you notice an increase in complexion woes as you head into fall, stay calm. Most breakouts are from stress, not a change in the weather, says Shamban, so keep your cool to stay clear.