Summer Skin: Smart Choices for Women Over 50
Time to be more conscious about your exposure to the sun

BY: GERIT QUEALY     APRIL 26, 2012

Summer skin means that you need to be a little more conscious about your exposure to the sun after a certain age. Or a lot more, depending on how careless you were when you were younger.

Barbara Grufferman, author of The Best of Everything Over 50, has a cautionary tale about youthful indiscretion regarding sun exposure.

But now she knows better. And so do you.

Step 1: Erase the past
In most cases, we want you to celebrate everything that’s gotten you to this point, but as far as your skin goes, you might benefit from a little judicious erasure.

“Sun damage accumulates over the years, eventually surfacing as sun-spots, uneven tone and texture, as well as wrinkles and slack skin,” says cosmetic dermatologist Dr. Gary Marder of Marder Dermatology in Port St. Lucie, Florida.

To tighten, smooth, and brighten skin, you might try the Elluminé™ CO2 Laser System, an innovative fractional resurfacing laser treatment. You can opt for full fractional skin resurfacing, or the more gentle approach of a light touch-up with minimal downtime.

Your skin will be refreshed, renewed — and the summer skin sins of your past will fade below the horizon.

Step 2: Maintain a healthy complexion
To keep skin glowing and even-toned at home, use the elure line of products. These physician-dispensed formulas include elure Advanced Skin Lightening Lotion, elure Advanced Lightening Night Cream, and elure Foaming Facial Wash (a personal fave).
Hydroquinone-free, they effectively dissolve melanin in the skin with an enzyme called Melanozyme, causing melasma and other dark spots on skin to simply disappear.

Step 3: Protect your skin
This is key - especially now. The statistics on skin cancer are growing.

“I recommend for my patients to always use broad spectrum sunscreen with at least SPF 15 every day. Even if their makeup has sunscreen, they likely are not getting enough protection,” says Dr. Marder. “A general rule for anyone going outside would be to apply about an ounce of sunscreen on all exposed skin, including face, neck, chest, ears, hands and feet, 15 minutes before going outside.”
Here’s the hard truth: go out in the sun unprotected and—boom!—you’ll leave the beach with sun damage that becomes wrinkles, sagging, and age spots/blotches on your face. Keep your complexion clear by protecting it with sunscreen. A few options:

Skinfo Pure Protection SPF 30 ($31.50; skininfo.com) — with 17% UVA- and UVB-blocking zinc oxide, plus antioxidant green tea and vitamins.

Lumixyl MoistureLock Sunscreen SPF 30 ($58; lumixyl.com) - with what they call “Lumiblock” technology, with micronized titanium dioxide and SymHelios 1031, a proprietary ingredient formulated to protect elastin and collagen by inhibiting the potentially toxic effect of UV rays on your skin.

ZO Skin Health Oclipse Sunscreen + Primer SPF 30 ($65; zoskinhealth.com) blocks both UVA and UVB rays with titanium dioxide and zinc oxide, and offers additional antioxidant protection. Plus, lipopeptides, humectants, and emollients hydrate, smooth, and tone skin, while the built-in primer flawlessly preps the skin for makeup application. I use this almost every day and I love it!

It’s never too soon to start protecting your skin — or too late.