

## Experts share tips for sun-kissed skin

Erica Corsano Thursday, August 04, 2016



Fun in the sun is what summer is all about— but tell that to our largest organ. Your skin can majorly suffer from all those rays of light. Local skincare experts share their tips, tricks and treatments to fight the signs of aging too much sun exposure can cause.

### **Tracey Tierney, Lead Esthetician of Skin Spa New York:**

Home tip: Give your face a soothing sip of anti-oxidant rich cold green tea. Soak tea bags in water and keep them in the fridge to use as soothing compresses or a post sun mask.

Summer months should be primarily about protection and damage control. At this point nearly everyone knows that an essential step to skin care every day is to use good broad-spectrum sunblock. Applying a topical anti-oxidant will pack a powerful anti-aging punch, minimizing damage from free-radicals and preventing photo-aging on a cellular level. PCA's C&E Max Strength combines both anti-aging free-radical scavengers to not only protect your skin but also aid in the reversal of existing damage from the sun and fun.

Even if your vigilant with your regimen, summer can often leave you with new damage. Fine lines and pigment changes are the most common complaint after summer. Even out the tone of your summer speckled skin by getting a Limelight treatment. A power peel will lift away dead skin cells enabling better hydration and improving the texture and tone of your skin. They can correct the problem unless you are completely compliant by avoiding all subsequent sun exposure. That means 2 weeks pre and post treatment.