

Sure, freckles are cute, but you shouldn't forgo the sunscreen!



The Great-Skin Guide for Moms

Your three biggest complexion problems—solved! by TRACY PEREZ

THE PROBLEM

uneven skin tone

THE ADVICE

Become Besties With Sunscreen

*Brown spots, acne scars, melasma. All of these pigmentation issues are exacerbated by the sun, so it's no surprise that doctors say sunscreen is your best line of defense. "You can decrease the severity or

prevent worsening of hyperpigmentation with daily sunscreen protection," says Annie Chiu, M.D., a dermatologist in Los Angeles. Look for one that provides broad-spectrum SPF 30 protection or higher. We like **(1)** Kiss My Face Sunscreen Face Factor SPF 50 (\$12; vitacost.com).

To help existing splotches fade, choose products with natural skin brighteners, such as rhubarb extract, suggests Milla Thomas, owner of Milla's Treatment Boutique, in New York City.

She's a fan of **(2)** Eminence Organics Strawberry Rhubarb Dermafoliant (\$48; eminencestore.com). Using a chemical exfoliant can also help clear superficial pigmentation, says Whitney Bowe, M.D., a dermatologist in New York City. She recommends a face cream with 10 percent glycolic acid, such as **(3)** NeoStrata Resurface Face Cream Plus (\$44; dermstore.com). Apply it once a week at first and build up to every day. And be patient. It may take months to see results.



THE PROBLEM
fine lines

THE ADVICE

Stop Squinting, Start Slathering

*We'd never suggest you give up smiling to keep those pesky lines from forming, so what *should* you do? Throw on a pair of shades when it's bright outside (squinting encourages lines) and wear sunscreen every day to prevent premature aging.

To treat lines you already have, hydrate your skin by drinking plenty of fluids. Also apply a face and eye cream containing moisturizing ingredients such as glycerin. We're fans of **(1)** L'Oréal Paris Youth Code Texture Perfector Day/Night Cream (\$25; drugstore.com) and **(2)** Olay Age Defying Instant Hydration Eye Cream (\$13; pgestore.com).

A more potent antiaging option: retinol, a derivative of vitamin A, which smooths skin. Since those first few lines tend to show around your eyes, a product like **(3)** RoC Retinol Correxion Sensitive Eye Cream (\$23; ulta.com) is a good choice. Caution: Retinoids can cause birth defects, so avoid this ingredient if you're pregnant.

so lightweight,
you'll hardly
feel it going on!



The secret to clearer skin? Reduce your stress level.

THE PROBLEM
acne

THE ADVICE

Keep Calm and Get Your Health Kick On

*You already know that bacteria (from an unwashed makeup brush or a dirty phone, for example) play a big part in pimples. But a study in *Journal of Drugs in Dermatology* also reveals that stress brings on breakouts. That's because the oil glands in skin are lined with stress-hormone receptors. "And being a mom is a whole new level of stress," Dr. Bowe says. "When you're deprived of sleep, your brain signals your body to go into stress mode, which can result in breakouts." Consistently getting a good night's sleep may not be in the cards, but try to lower your stress level

by sneaking a yoga class or other meditative moments into your day. To calm your skin from the outside, trade in your regular face wash for one that contains 2 percent salicylic acid. It reduces the bacteria that lead to pimples. Dr. Bowe recommends **(1)** Clean & Clear Advantage Daily Soothing Acne Wash (\$7; amazon.com). Your acne should clear up considerably within six weeks of using it twice a day. While you wait for the salicylic acid to work its magic, add an oil-free primer with redness-reducing abilities like **(2)** Clinique Superprimer Colour Corrects Redness (\$27; clinique.com) to your routine so your skin can at least *look* like it's behaving.



pregnant?

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