



Anti-age your body

The best accessory for your summer wardrobe? Glowing, gorgeous, show-off skin, from your décolletage to your toes. Here, our body-baring plan

BY MELANIE RUD CHADWICK

WHATEVER YOUR ISSUE—sun damage? cellulite? scaly feet?—these solutions will get you in sandal-and-sundress shape stat.

TROUBLE SPOT



A SUN-DAMAGED CHEST

Because your décolletage doesn't get slathered with SPF as diligently as your face (but still gets plenty of UV exposure), it's among the first areas to sprout sunspots, says Annie Chiu, MD, a Los Angeles dermatologist.

FAST FIX Apply water-resistant makeup to visible spots once you're dressed, says Los Angeles makeup artist Emily Kate Warren.

superficial layers of skin, accelerating fading (prices start at about \$200). Chiu explains that TCA peels self-neutralize (this means they shut off before they peel too deeply), so they are well suited to chest skin, which is thin and can be sensitive. For stubborn dark spots and blotchiness, however, the best solution is lasers, says Tina S. Alster, MD, director of the Washington Institute of Dermatologic Laser Surgery. Similar to peels, lasers resurface the skin, but they penetrate deeper and target pigment specifically, so they're better at excising the darkest spots. Treatment depends on the severity of the discoloration: Alster suggests either Fraxel Dual (an average of \$1,700 per treatment), which will leave you red and peeling for up to five days, or Clear +

the help of a loved one. Crawford's favorite cover-up: waterproof **AMAZINGCOSMETICS** *Amazing Concealer* (\$42; AMAZINGCOSMETICS.COM). **LONG-TERM SOLUTION** Step one: Tweak your bathing regimen. Swap out your soap or standard body wash for one with salicylic acid, which gets rid of those dead cells, says Chiu. Try **NEUTROGENA (2)** *Body Clear Body Wash* (\$7; DRUGSTORES). Note: Once you've cleared up your back, says Alster, you may still have post-inflammatory hyperpigmentation (annoying dark spots from previous blemishes). Glycolic peels are the best choice for fading them because the glycolic molecule is tiny and penetrates faster than most other acids. Many women can tolerate a professional-strength concentration of glycolic acid because back skin is pretty thick. For best results, expect to get three to five peels, spaced about a month apart. (Professional peels are \$125 on average.) Bonus: The deep exfoliation also keeps pores clear.



“As we age, our skin cells don't turn over as quickly as they used to, and as they accumulate, they can cause clogs and lead to pimples,” says Annie Chiu, MD.

For stay-put coverage, she likes body makeup rather than face foundation because the formulas are thinner and dry faster, so they won't rub off on clothes. Try **MAC STUDIO** *Face and Body Foundation* (\$27; MACCOSMETICS.COM).

LONG-TERM SOLUTION To erase discoloration, apply a vitamin C treatment daily, says Kate Somerville, a celebrity aesthetician in Los Angeles; this diminishes existing spots and prevents future ones by inhibiting tyrosinase, the enzyme that stimulates melanin production. Try: **DR. DENNIS GROSS (1)** *Triple C Peptide Firming Oil* (\$62; SEPHORA.COM). Or reach for a retinoid cream (over-the-counter retinol or prescription-strength Retin-A) to speed the sloughing of dead skin cells, including the pigmented ones that create spots. We like **DERMALOGICA** *Age Smart Overnight Retinol Repair* (\$85; DERMALOGICA), which is well tolerated by all skin types. One caveat: Extended UV exposure renders retinoids ineffective, so use only at night.

If after three months topical options aren't fading spots to your satisfaction, consider upping the ante with an in-office procedure. TCA (trichloroacetic acid) peels remove several

Brilliant (\$300 and up per treatment), which doesn't penetrate quite as deeply but requires only a day or two of healing time. With either option, you may need a series of three or four monthly sessions to see significant results.

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A BLEMISHY BACK

Facial acne after age 30 is often caused by hormonal swings leading up to menopause. But back blemishes appear for a different reason: dead-skin-cell buildup. **“As we age, our skin cells don't turn over as quickly as they used to, and as they accumulate, they can cause clogs and lead to pimples,”** says Chiu.

FAST FIX To camouflage existing pimples, Manhattan makeup artist Jim Crawford says to dab a dot of concealer onto each blemish with a clean pencil eraser. Let dry for 30 seconds, then tap with a fingertip to remove any excess. Can't quite get to blemishes in the middle of your back? Use a long-handled blush brush to extend your reach—or enlist

TROUBLE SPOT



BUMPY UPPER ARMS

Keratosis pilaris (those bumps on the backs of your arms) occurs when hair follicles are clogged with dead skin cells. This can happen at any age, but it's more common after 30. **“In your twenties, skin cells turn over about every 21 days,”** says Chiu. **“By the time you hit your forties, it can take up to 40 days.”**

FAST FIX While you can't eliminate bumps overnight, you can quickly tone down visible ruddiness (on light to medium skin) or darkness (on deeper skin tones). For light to medium skin, mix a green-tinted primer with a drop of plain moisturizer and spread on the backs of your arms. **“The green neutralizes red to make the rough texture less apparent,”** says Warren, who uses **STILA COSMETICS** *One Step Correct* (\$36; STILACOSMETICS.COM) for this purpose. On darker skin, Warren suggests lightly dotting red lipstick (yes, you read that right) onto the darkest areas; the red cancels the blue-purple tone. Lightly tap concealer on top. Finally, a little bronzing camouflages unevenness on all skin tones. Faux-tanning expert Anna Stankeiwicz of the Louise O'Connor Salon in Manhattan says a light mousse spreads best over bumpy areas. Try **JERGENS (3)** *Natural Glow Instant Sunless Tanning Mousse* (\$12; DRUGSTORES).

LONG-TERM SOLUTION Regular exfoliation is the best treatment, says Chiu. Her sloughing suggestions: alpha-hydroxy scrub coupled with a body brush; this combo should garner you smoother arms in a month. Try **DERMADOCTOR KP Duty Body Scrub** (\$46; SEPHORA.COM) and the **CLARISONIC Smart Profile Massage Body Brush Head** (\$265; CLARISONIC.COM).

TROUBLE SPOT
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DIMPLED THIGHS

By age 50, Alster says, nearly every single woman will have cellulite. While dimples can emerge at any time post-puberty, the irregular surface becomes more noticeable as collagen breaks down and skin grows lax.

FAST FIX Bring on the self-tanner. Puckers create shadows; deepening your tone a touch masks these shadowy spots and creates the illusion of a flatter surface. If there's no time to tan, a tinted, light-reflecting lotion works well, too. Try **SALLY HANSEN (4) Airbrush Legs** (\$14; DRUGSTORES).

LONG-TERM SOLUTION Alster says nothing works as well as Cellfina, an in-office device newly approved by the Food and Drug Administration. "This is the only option that addresses the fibrous bands that pull down on the skin and cause dimpling," she explains. "Doctors don't know why these bands exist. They serve no function other than to bundle fat, but they tug on the skin, causing fat to clump and create that lumpy appearance." So how does Cellfina work? After administering a local anesthetic, a doctor uses a tiny device to gently pinch each dimpled spot on the thighs and buttocks (most have 10 to 30 spots to treat), then slides a tiny blade about six millimeters under the skin to snip the bands. The blade is so minuscule, there is typically minimal bleeding or bruising. The process takes up to an hour, depending on how many areas are being treated. Cost: \$2,500 to \$4,000, and FDA testing showed that results last at least a year. Note: Cellfina will not address skin sagging. To up the firmness factor, use lotions that contain collagen-stimulating retinoid or caffeine. "Caffeine reduces water retention to make dimpled areas look smoother temporarily," says Chiu. Try **VICHY (5) CelluDestock with 5% Pure Caffeine** (\$40; ULTA.COM).



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DRY, SCALY FEET

Rough, cracked skin below the ankle is more common after 30, says Emily Splichal, DPM, a Manhattan podiatrist. Why? Skin becomes drier and more apt to chafe—and we lose our soles' protective fat pads.

FAST FIX To make feet look smoother temporarily, "run in a few drops of fast-absorbing jojoba oil or foot cream," says Geraldine

Holford, a New York City manicurist. Try **BEESPA (6) Hand + Foot Cream** (\$30; BEESPA.COM). **LONG-TERM SOLUTION** To safely slough off dry and flaky spots, use a foot file, such as the **AMOPÉ Pedi Perfect Electronic Foot File** (\$40; DRUGSTORE.COM), on dry skin. Then later, in the shower, buff feet with a coarse scrub, such as **BURT'S BEES Cranberry & Pomegranate Sugar Scrub** (\$13; DRUGSTORES). "The foot file loosens and removes the tough, outer skin, while the scrub applied on wet, softened skin helps slough off additional, deeper layers, leaving feet soft and smooth," Holford explains. ☺