

# Skin Sense

facts from the experts

## Enjoy the Summer With Care-Free Skincare

(NAPSA)—Varying your skincare regimen for summer in order to keep your complexion healthy is a smart thing to do, but keeping it simple is just as important.

The sun can cause a litany of problems, from blotchiness to life-threatening skin cancer. The sun also accelerates the aging process, leaving skin dry, damaged and prematurely older-looking, while ultraviolet rays can even trigger new blemishes.

“Summer skincare needs to focus on straightforward sun protection and skin treatments that people can easily incorporate into their daily routine,” says Dr. Alyson Penstein, a dermatologist in New York City. Here’s a look at some summer skincare essentials:

### Protection

Sunscreen should be worn throughout the year, but applying sunblock to your face daily during the summer is imperative for keeping skin healthy. Make sure your sunblock contains at least an SPF 30, while applying it to your exposed extremities is equally important.

### Cleansers

Humid afternoons cause extra perspiration and clogged pores, so choosing the right cleanser is key. Dermatologists recommend using a cleanser with ingredients, such as alpha hydroxy acids or salicylic acid, because they effectively remove oil, dirt and makeup while helping to prevent breakouts.

### Treating Acne Spots

Contrary to popular belief, the sun can make acne worse and even darken the marks that are left behind, says Dr. Penstein, who explains that products created to lighten acne marks work



**The right regimen can help keep skin acne-free during the warm weather.**

by exfoliating the skin and speeding up the development of new cells. The most common ingredient used is salicylic acid, which helps marks fade faster and also helps prevent further breakouts.

To diminish acne marks and treat existing blemishes, you might try the new peel from Neutrogena—the Advanced Solutions Acne Mark Fading Peel, which was developed to fight both acne and acne marks.

### Moisturization

Outdoor fun in the summer means your skin needs moisture. Dehydrated skin can leave your complexion parched. All skin types—even oily ones—can benefit from a good, oil-free moisturizer to keep skin healthy and glowing.

The summer season is meant for having fun, so the last thing you want to worry about is your skin. Fortunately, it turns out the no-nonsense recipe for healthy, radiant skin is as simple as remembering to protect, cleanse, moisturize and treat.

For more information, visit [www.neutrogena.com](http://www.neutrogena.com).