

# Skin deep

Dr. Leslie Baumann shares with us the secrets to beautiful summer skin. Bikini season is here and these must-have products will leave your skin radiant in no time:



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reveal  
THE GLOWING  
SUMMER YOU



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1. Start with a glowing face, and little else matters. Elizabeth Arden's Intervene Daily 3-in-1 Cleanser Exfoliator Primer gently exfoliates skin, leaving it more receptive to moisturizer and other products. Follow it with a moisturizing sunscreen such as Purpose Dual Treatment moisturizer with SPF 15 for daily sun protection.
2. After a little pre-beach pampering, you'll rush to put your bikini on. Start with an exfoliating scrub to slough off rough skin. I like Peter Thomas Roth AHA/BHA Face & Body Polish or Philosophy Amazing Grace Salt Scrub. These are good to use before applying a self-tanner to prevent streaking.
3. Concerned about sagging skin on your elbows or abdomen? Relastin Skin Revitalizer (actually a face cream) makes skin produce more elastic tissue and helps tighten problem areas (available at Browmes & Co.).
4. Don't let rough feet mar your perfect sandals. Try Footlogix Cracked Heel Formula with urea, an extremely hydrating ingredient that smoothes the toughest skin. Their Dry Skin Anti-Fungal Formula is a good option for anyone who spends the summer at the pool or playing sports. (If scaly skin persists, though, you might have a fungal infection that requires a visit to the dermatologist.)
5. Two of my summer must-haves never actually touch your skin: Helocare supplements contain polypodium leucotomos, a natural fern extract that has been shown to bolster your skin's ability to resist sun damage. (Look for it behind your pharmacist's counter — no prescription necessary. Dr. Brandt's Anti-Oxidant Water Booster is an even easier way to strengthen skin from the inside out. Put a few drops in your drink whenever you think of it to fight free radicals and decrease sun damage.)
6. Supplements are never a replacement for a good sunscreen, though. Bought your sunscreen more than six months ago? Toss it. The latest products last longer and contain more effective ingredients. Skin Effects by Dr. Jeffrey Dover makes an effective and affordable line called Sun Effects (available exclusively at CVS). Neutrogena's latest sunscreens contain Helocare, one of several recently approved ingredients that block UVA as well as UVB. Aveeno's Continuous Protection sunscreens also offer UVA/UVB protection.
7. When it comes to sun protection, always start at the top — nothing ruins an adorable summer outfit like a peeling scalp! Try Quintessence Q-Sunshade Leave in Hair Conditioner and Scalp Protectant with SPF 30 (available at [www.skintypesolutionsstore.com](http://www.skintypesolutionsstore.com)). It nourishes hair and protects the scalp (while extending the life of hair-color treatments, too).
8. Of course, there's no reason to forgo a sun-kissed glow entirely — provided you get it from a bottle! Sunless tanners that contain antioxidants, like Murad Firming Bronzer SPF 15, look particularly natural. The antioxidants help prevent the orange tint and give you a more natural color.

— Dr. Leslie Baumann is an Associate Professor and Director of Cosmetic Dermatology at the Miller School of Medicine at the University of Miami. Dr. Baumann is the author of the bestselling book *The Skin Type Solution* (Bantam 2006) and the wildly popular blog [www.theaskinguru.com](http://www.theaskinguru.com).