

TLC After a Summer of Sun

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Recharge your beauty routine after summer's elements have taken their toll.

The season seemed endless, but now it's time to face fall with a fresh start. We've found great solutions to your biggest beauty problems, so you look and feel younger, softer and totally pampered head to toe — like the golden goddess you are.

Problem: Dull, no-glow skin is your beach souvenir.

Fix: “Exfoliating your face is key after a summer of sun and sunscreen. The upper layer of skin gets thicker, harder and drier. Removing it gives a dewier look and helps produce more collagen,” says Barbara Close, herbalist and founder of Naturopathica, a beauty company and Hamptons spa loved by A-listers from Heidi Klum to Martha Stewart. Close, cousin to

actress Glenn Close, suggests applying a thin layer of enzyme peel before stepping into a hot shower. Wait five minutes; rinse. Her Pumpkin Purifying formula is a cult favorite at the Spa at Four Seasons.

Problem: Yes, your hands are tan, but now they look creased and weathered, with brown age spots.

Fix: Find a moisturizer that contains fruit acids — the emollients will help delicate skin on hands feel softer, and the fruit acids target repair by gently exfoliating to reveal new cells. Risberitol is a secret ingredient from grape skin; lemon and orange extracts can revitalize, too. Skin brighteners or lighteners help brown spots look lighter.

Problem: Post-summer beauty creams don't seem to be doing much.

Fix: Massage skin to help moisturizers penetrate and have a fighting chance. Organic idea: Dab nutrient-rich seed oil (“the seed is the plant's life source,” says Close) on your fingertip; apply in gentle circles from chin to forehead.

Problem: You loved going barefoot, but now soles and heels are dry and cracked.

Fix: Soak feet in warm water. Use a loofah or pumice stone to slough off rough skin. Gently pat feet dry; slather on creamy moisturizer. Best at bedtime — if you're really diligent, wear cotton socks over the cream and sleep that way.

Problem: Your body feels itchy and dry under clothing — and you can't live in your pool dress forever.

Fix: Apply fragranced oil — from Johnson's Baby to upscale Jo Malone — directly onto damp skin. The scent and silky touch linger long after you towel off and slip on your sweater.

Problem: Your hair is in desperate need of a long, cold drink.

Fix: Deep conditioner helps restore bounce, strength, and body after salt water, chlorine and whipping wind on boats and in convertibles (you do lead a glamorous life). It can help smooth and seal the outer layer (as can a cool rinse). For a pre-shampoo dunk, try Philip Kingsley's Elasticizer, made for Audrey Hepburn.

Problem: Lips feel dry and parched.

Fix: Well, yeah, they've been exposed to a rough summer too, and deserve a bedtime treat of buttery lip balm or Vaseline — nightly, because the skin on your lips sloughs off and renews frequently, and beauty rest is the perfect time for balms to work, since you won't kiss them off on your latte cup.

Problem: Eye area looks wrinkled and puffy.

Fix: Treated pads have their fans. “Clients are always impressed by the results,” says celebrity makeup artist Kimara Ahnert. “They make the skin around your eyes look firmer.” M. Asam Aqua Intense Extreme Lift

EyePads contain hyaluronic acid, an ingredient that experts say can temporarily plump up skin. Ahnert also keeps eye cream cold for puff-fighting power.

Problem: You want more serious help to reverse sun damage.

Fix: "My favorite ingredient for this is Retinol, to help repair and renew skin," says dermatologist Kenneth R. Beer. Check out products that contain it, such as his Daily Hydrating Cream at scientificskin.com, or ask your dermatologist if prescription-strength, topical Retin A, Tazorac or Differin would work for you.