

TOWN&COUNTRY

# How to Reverse Sun Damage, According to Dermatologists

These anti-aging treatments will help you atone for your summer sins.



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I can plot the course of my sun damage, every crease and spot—and I do, with cartographer-like ease—in the moments before my annual skin exam. While browsing Botox pamphlets and filling in insurance forms, I mentally tick off the landmarks: the familiar Cape Cod beaches of my youth, the blistering summer of my two-piece debut. But such mistakes needn't brand us; we live in a dermatological golden age, after all. And September—the month when we pry ourselves off the beach—is the perfect time to act. We spoke to several doctors to uncover the latest ways to reverse damage and even reduce the risk of skin cancer in the future.

## Intense Pulsed Light (IPL)

The in-office laser treatment helps remove hyperpigmentation and red spots that typically become inflamed throughout the summer. "I like it because it treats a broad range of skin disorders—whether it's sun spots or dilated blood vessels—and also helps improve the overall canvas of the skin so it looks smoother, more uniform, and younger," says [Manhattan-based dermatologist Dr. Dendy Engleman](#), whose celebrity clients include Sofia Vergara and Christina Ricci. An added bonus to IPL? Studies indicate that it also helps stimulate collagen and elastin production.

COST: \$300 - \$600 per treatment, with 3-5 treatments recommended.

DOWNTIME: None. Patients can put makeup on and return to work immediately following the procedure. Sun should be avoided for four weeks before and after the treatment.

## The DermaSweep

For skin that's merely rough and dappled at summer's end, the DermaSweep gives a mild refresh, using smooth bristles, along with vacuum suction, to gently exfoliate and boost circulation.

COST: \$200 TO \$400.

DOWNTIME: none

### *BRP Medical Facial*

As we exit our twenties, sun damage tends to manifest differently in different people, thanks to genetics—some get ruddy or more brown, whereas others lose elasticity, and many of us see varying degrees of all of the above. Which is why New York City dermatologist Paul Jarrod Frank developed the BRP Medical Facial, a 30-minute procedure that tackles pigment, pores, and redness while it tightens skin.

COST: \$1,500.

DOWNTIME: 12 hours of redness, followed by two to three days of skin roughness.

### *Micro Needling*

To repair decades of unchecked damage, New York dermatologist Whitney Bowe employs microneedling coupled with 10 percent trichloroacetic acid, saying it makes "a dramatic difference—lifting<sup>[1]</sup><sub>[SEP]</sub> out pigment, smoothing lines, and making skin glow. You get compliments for months."

COST: Around \$1,200.

DOWNTIME: Five days.

### *eTwo Laser*

In dermatologist Macrene Alexiades's New York office, fractional radiofrequency devices, like the eTwo, have all but supplanted ablative CO2 lasers, which leave skin raw for weeks. "I'm seeing a better tightening effect with them, and a much faster recovery," she says.

COST: \$800 TO \$3,000, depending on the area treated.

DOWNTIME: Three to five days.

## *Fraxel*

Lasers like the Fraxel Restore Dual remain workhorses for ravaged skin, but new research is proving that these old tools<sup>[1]</sup><sub>[SEP]</sub>are capable of new tricks. "They aren't just improving the look of skin," explains Manhattan dermatologist Anne Chapas. "They're creating fresh cells that produce protective hormones, so skin is better able to resist future UV damage."

**COST:** \$1,200 TO \$1,600

**DOWNTIME:** About three days of mild redness, swelling, and dryness.