

Quick Tip

Store thermal water, aloe and body lotion in the fridge. So refreshing!

Even though you slathered on the SPF, a day at the beach or pool can do a number on your skin. Here's your three-step rescue plan.

By Ardenis Perez

Applying and reapplying broad-spectrum sunscreen will definitely help save your skin from brown spots, wrinkles and skin cancer. So, good work! But spending a beautiful summer afternoon outdoors can still make you feel overheated. "UV exposure can cause your skin to become dehydrated, as can salt water or chlorine," says Kavita Mariwalla, MD, a dermatologist in West Islip, NY. The idea is to replenish moisture and restore your skin.



STEP 2 HYDRATE

The best time to moisturize is when your skin is slightly damp, post-bath or shower (or right after you spritz on some thermal spring water). A lipid-based body cream or lotion will lock in that moisture, Mariwalla says. Try Skinfix Barrier+ Lipid-Peptide Lotion (\$38). Massage a little extra over dry spots, including elbows, knees and heels.

STEP 3 REPAIR

Think of antioxidants as superheroes for your skin. Ingredients like green tea and vitamins C and E work to repair environmental damage, not just from the sun but also from pollution. We like Garnier SkinActive Moisture Bomb The Antioxidant Super Moisturizer (\$17) because it's packed with antioxidants and hyaluronic acid, a hydrating compound naturally found in our skin. Slather it over your face, neck and chest.

POST-SUN PAMPERING

STEP 1 SOOTHE

Nothing refreshes like a cold drink on a hot day—and that goes for your skin too. A spritz of thermal spring water is therapeutic since "it has calming and cooling minerals, which promote healing," Mariwalla says. For instant hydration, spray La Roche-Posay Thermal Spring Water Face Mist (\$13) on your face, neck and décolletage. Another hydrating healer: pure aloe vera gel, a natural Rx for sunburn (try Uncle Bud's Hemp Sunburn Soother, \$16). To bring spa-style relaxation to your post-sun relief, take a cool or lukewarm (not steaming hot!) bath using Aveeno Soothing Bath Treatment (\$6), which contains skin-calming colloidal oatmeal.

NO SCRUBS To avoid irritation after a day in the sun, skip exfoliating—and that includes shaving!

