



Kenneth Mark Skin Care, Inc.



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[dr. kenneth mark's five tips for healthy summer skin!](#)

As most of you know I have skin the color of parchment; I am not one who takes the sun like sacrament, and if I could launder my clothes in SPF, trust me, I would. And let's not mince words: a "friend" once called me *Powder*, and everyone had a good chuckle at my expense. In response, I made some vague reference to Coach handbags and her weathered skin, which elicited bitterness and a series of passive-aggressive emails. However, the defensiveness of years past has been replaced with a sense of calm that can only come from the fact that at thirty-three I show no signs of fine lines, and my skin is in impeccable shape. There was no magical cream or cure - good skin comes down to genetics, not smoking, healthy eating, hydration, efficacious skin care, and a healthy dose of sunscreen. Summer is the toughest season for apparitions like me, so I turned to the experts to garner some smart skincare tips.



Thankfully, board-certified dermatologist and Mohs skincare surgeon [Dr. Kenneth Mark](#), was happy to oblige, and below are his top 5 summer skincare tips:

SUNSCREEN: Gear up your sunscreen use! You might have just been using a SPF 15 in your makeup/ or daily moisturizer for incidental sun exposure throughout the winter, but in the summer you need to use a true sunscreen. A zinc oxide based product or a newer UVA/UVB chemical sunscreens that contain the cross linked UVA blockers (prior formulations did not.) **My two favorite sunscreens are Z-Silk SPF 30 & Neutrogena with Helioplex SPF 55 or 70.** And make sure that you reapply every couple of hours during intense sun exposure.



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COSMETIC PROCEDURES: Avoid cosmetic procedures that have risks of post inflammatory hyperpigmentation. An example of this would be sclerotherapy.

PEELS: The biggest myth that I know is that “peels are bad for the summer.” While it is true that a deep or medium depth peel in the summer is not ideal—the healing alone would not be fun in the heat...plus the risk of post inflammatory hyperpigmentation if sun exposure occurs. However, less than 90% of peels today are superficial and help virtually all of the things that are worse in the summer:

- Increased sweating and sunscreen use can clog pores—peels exfoliate and unclog pores.
- Even with sunscreen, pigmentation is extremely difficult to avoid entirely—peels help even out blotchy pigmentation and fade hyperpigmentation.
- Sun exposure causes our cells to reproduce quicker, yet we do not exfoliate quicker—peels help with the exfoliation.
- Sun exposure triggers enzymes to break down collagen—peels help stimulate collagen production. A superficial peel will not significantly increase sensitivity to the sun as we are only exfoliating the upper parts of the epidermis (a deeper peel is obviously a different story.)

SUNGLASSES: Wear sunglasses that wrap around eyes and a hat and its so important to avoid midday sun exposure.

SKIN CANCER/CHANGING MOLES: Be alert for any changing moles. The best treatment we have for melanoma is avoidance and early detection! So, if you notice any changing mole, see your dermatologist immediately.

Dr. Kenneth Mark