

How old is their skin?

You know the sun is bad for your skin, but you might be surprised to learn just how much damage those days spent at the pool have caused. "Up to 90 percent of the changes we associate with aging—such as lines, wrinkles and discoloration—can be attributed to past sun exposure," says Deborah Sarnoff, M.D., a New York City dermatologist and author of *Beauty and the Beam* (St. Martin's Press). Now for the good part: Many experts believe that with improved habits and the right tools, most of the damage can be reversed—perhaps by as much as 80 percent. With this in mind we persuaded these four women to pose for our UV Detect camera, a high-tech instrument that provides a look at sun damage deep within the skin, years before it's visible on the surface. We asked Sarnoff to assess each woman's degree of "photoaging" (damage from the sun) and prescribe appropriate treatments. Read on for the secrets to a beautiful, healthy complexion... at any age.

PHOTOGRAPHED BY JENNY ACHESON

Ann Delilkan

"I grew up in Malaysia and lived there until I was 26. I didn't spend a lot of time outdoors, but when I did go out, I protected myself from the year-round sun by using a moisturizer with SPF 15 and wearing a lip balm and a large-brimmed hat."

HAIR: COCO SANTIAGO AND EMILY ROGERS FOR BUMBLE AND BUMBLE, NYC; MAKEUP: MARIA ROMANO FOR BOBBI BROWN ESSENTIALS; FASHION STYLIST: GEORGIA GUNN; PROP STYLIST: LAURE QUNDER; MANICURE: JIN FOR MARK EDWARD

Betty Bruen

"I've never been much of a sunbather. Five years ago, though, I took up gardening as a hobby. Now I'm outside two or three days a week—usually between 11 A.M. and 3 P.M. Unless it's really hot, I don't bother with sunscreen or a hat."

Lisa Lane Friedman

"As a kid I'd bake for hours without any protection. In college I got clued in to the dangers of tanning and started using products with SPF 15. Still, it's hard for me to completely give up the sun—even with all I know."


Ann Gault

"You're looking at the queen of tanning contests! As a teenager I spent all my free time at the beach. I'd slather on a mix of iodine and baby oil to get as dark as possible. Once I ended up with blisters all over my face."

These women are all 35—and look great. But experts say that because of past sun exposure (or lack of it), one woman has the skin of a 25-year-old, another the skin of a 50-year-old. Fortunately, with the latest advances in skin care you can stop and even repair lines, wrinkles and sun damage by as much as 80 percent.

This article describes facial skin damage using a UV Detect Camera.

The DermaView® provides even better information because of its full color capability.

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How old is their skin? What the UV Detect camera exposed



her skin's age: 25



Ann Delilkan

The verdict:

"Ann's diligence has paid off," notes Sarnoff. "Her skin is relatively smooth and freckle-free."

Doctor's orders:

Sarnoff encourages Ann to continue using a moisturizer with SPF 15. "Dark skin takes longer to photoage because it contains more melanin, but it's still susceptible to damage," she says. The most effective sunscreen should block both UVB and UVA rays. "Look for zinc oxide, titanium dioxide or avobenzone high on the ingredient list," advises Sarnoff. A



Fight fine lines around the eyes with Avon's Hydrofirming Eye Treatment; \$9.50.

pre-makeup moisturizer will help preserve Ann's dewy-looking skin. (We love Basis's One-Stop Face Cream.) And since the eyes are usually the first place to show signs of aging, now's a good time to start using a hydrating eye cream.

Fast fix:

"Skin this flawless doesn't need much," says New York City makeup pro Maria Romano. The basics: an oil-based foundation, a cream blush for a healthy flush of color and a moisturizing lipstick.



her skin's age: 35



Lisa Lane Friedman

The verdict:

"Judging from the freckles on her nose, Lisa's in the early stages of photoaging," says Sarnoff. "Since the nose is the most prominent facial feature, it's the most prone to sun damage—and skin cancer."

Doctor's orders:

With Lisa's medium complexion, a sunscreen or moisturizer with SPF 15 would normally be enough for everyday wear. But because of the sun damage on her nose, Sarnoff advises that Lisa increase her SPF to a minimum of 30. To clarify her skin tone, Lisa should start every day with an over-the-



A safer way to get some color: Estée Lauder's Instant Sun All-Over Bronzer Duo; \$25.

counter alpha-hydroxy-acid cream that contains glycolic fruit acids, such as Merle Norman's Luxiva Prevention Daily Defense Cream. "At night, she should switch to a more potent over-the-counter product spiked with the vitamin-A derivative retinol," suggests Sarnoff. "It helps diminish lines and discoloration, and prevents new lines from forming." (Try Evening Restorative Complex from Exuviance by NeoStrata.)

Fast fix:

For a natural glow, sans the sun, Romano recommends a sweep of powder bronzer.



her skin's age: 45



Betty Bruen

The verdict:

"Most sun damage takes place before age 20, but over-exposure in adulthood is bad too," warns Sarnoff. Proof: the freckling on Betty's face and furrows across her forehead.

Doctor's orders:

To get rid of dead skin cells, Betty should use an exfoliating scrub every morning, followed by a sunscreen with SPF 30. (Apply it a half hour before going out—it needs to absorb into the skin to be effective.) To diminish previous damage, Sarnoff suggests a custom-



Clinique's Face Zone Sun Block SPF 30 protects against UVA and UVB rays; \$13.50.

made night cream containing 0.05 percent Retin-A cream, 4 percent hydroquinone and 1 percent cortisone. "Any dermatologist can whip up this type of cream," says Sarnoff. For dramatic results: a series of six glycolic-acid peels. This procedure sloughs off dead layers of skin for a smooth complexion. (Cost per peel: approximately \$150.)

Fast fix:

Before applying makeup, smooth on a moisturizer to plump up fine lines.



her skin's age: 50



Ann Gault

The verdict:

Portrait of a sun worshiper: "Ann's fair skin and light eyes put her at a high risk for photoaging," explains Sarnoff. "Sun damage shows up as dense splotches over her entire face, and fine lines around the lips and crow's-feet area."

Doctor's orders:

Ann needs to put moisture back into her skin by washing twice a day with a creamy cleanser (like Neutrogena's Extra Gentle Cleanser). For maximum protection: a sunscreen with SPF 30, followed by a moisturizer that contains the sun-blocking ingredient titanium dioxide. To

A neutral lip gloss like Almay's One Coat Lipshine draws attention away from fine lines above the lips; \$6.50.



reduce lines and age spots, Sarnoff recommends a nightly dose of Renova. This less irritating form of Retin-A is ideal for Ann's sensitive skin. A more aggressive antiager: laser resurfacing (a beam of light burns off the top layer of skin, exposing the smooth, undamaged skin underneath). Cost: between \$2,500 and \$4,000 for the entire face.

Fast fix:

To erase flaws, use a concealer stick a shade lighter than your skin. Follow it up with a light-reflective foundation (try Revlon's Age Defying Makeup).

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