



IF YOU NEED TO...

## SOOTHE A SUNBURN

Sometimes, despite your best sunscreen efforts, you get scorched in a spot or two. But even once you come indoors, UV damage can continue for more than 3 hours—so be sure to treat it as soon as you notice it.

**THE FIX:** "To reduce swelling and pain, pop two aspirin or ibuprofen," says dermatologist Jeanine Downie, MD. A milk compress can calm things even more: Soak a cloth in ice-cold whole milk and drape it over the burn until the cloth is at room temperature. Then pat on an antioxidant moisturizer like Garnier SkinActive Moisture Bomb The Antioxidant Super Moisturizer (\$16.99; at drugstores). "Vitamins C and E not only help minimize redness but also neutralize UV-induced free radicals, which contribute to wrinkles, sun spots and skin cancer," explains dermatologist Noelle Sherber, MD.



IF YOU NEED TO...

## CALM IRRITATION

After 40, "the skin's outer layer weakens due to lower levels of two key components, ceramides and cholesterol, which can lead to inflammation," says dermatologist Dendy Engelman, MD.

**THE FIX:** Work in products that replenish ceramides and cholesterol, and stop anything with retinol or glycolic acid for now. Next, use a mild, soap-free face wash; try La Roche-Posay Toleriane Hydrating Gentle Cleanser (\$14.99; [laroche-posay.us](http://laroche-posay.us)). Twice a day, smooth on a ceramide moisturizer such as CeraVe Moisturizing Lotion (\$13.99; at drugstores); in the a.m., top it with a gentle 100% mineral SPF like Aveeno Natural Protection Lotion SPF 50 (\$10.99; at drugstores). Give skin up to four weeks to repair itself before using anti-agers again—"then start at once a week, building up," says Dr. Engelman.

IF YOU NEED TO...

## CONTROL ROSACEA

If your cheeks, chin and forehead are constantly red, or if you have pimple-like bumps with redness, you could have rosacea. This chronic inflammatory condition is genetic and is most common in people of Northern European descent. If you're experiencing any of these symptoms, see your dermatologist.

**THE FIX:** There's no cure for rosacea, so the focus has always been on controlling the triggers: heat, alcohol, spicy foods and stress. However, a new FDA-approved prescription cream called Rhofade (price varies depending on insurance) can bring down redness for up to 12 hours. "Pat it on once or twice a day, and it'll begin to reduce flushing within 1 to 3 hours," says Dr. Downie. A spritz of a hydrating facial mist can also relieve flare-ups: Stash it in your fridge, since the cold will help constrict blood vessels. Try DermaE Hydrating Mist (\$13.50; [dermae.com](http://dermae.com)).



## Hide It with Makeup

"First, dab on a yellow- or green-tinged makeup primer," says Bass. Physicians Formula Mineral Wear Cushion Corrector + Primer Duo in Yellow/Green (\$16.95; at drugstores) is a mix of both shades. Top it with a fragrance-free, hypoallergenic tinted moisturizer such as Cetaphil Redness Relieving Daily Facial Moisturizer SPF 20 (\$19.99; at drugstores).

