


DR.OZ

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# THE GOOD LIFE

JULY • AUGUST 2015

## 28 LITTLE CHANGES FOR A HEALTHY HEART

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& more easy ideas

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## SUPERFOODS THAT SLIM YOU DOWN

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SMILE

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LOOKING  
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## SKIN



## wrinkles in the forecast?

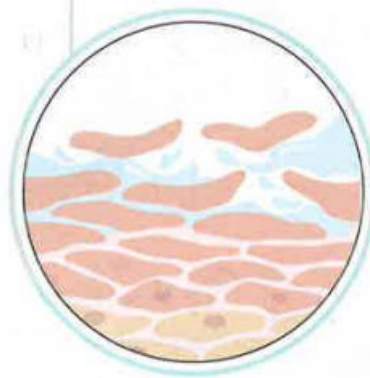
Sun damage causes creases, and UV rays are most intense in summer because the earth's axis is tilted toward the sun. (How much more intense? The UV index can hover at around 0 to 1 in the winter, then spike to 7, 8, even 10 by August.) UVA rays penetrate into the second layer of the skin, called the dermis, where a fence-like framework of collagen and elastin fibers keeps things firm and taut. Over time, radiation from the sun destroys these cells, leading to wrinkles and sagginess. Slather on a broad-spectrum sunscreen like **Neutrogena Ultra Sheer Dry-Touch Sunscreen Broad Spectrum SPF 30** (\$9.50, drugstores) every morning. At night you can use a collagen-building retinoid such as **SkinCeuticals Retinol 1.0** (\$70, skinceuticals.com), says Gary Goldenberg, M.D., assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York.

## air-conditioning: so not cool for your skin

It takes the edge off during a heat wave, but blasting your A/C may not be doing your skin any favors. The low humidity in air-conditioned rooms can dry you out, says Amy B. Lewis, M.D., a clinical assistant professor of dermatology at the Yale School of Medicine. Keep a moisturizer with ceramides, like **AmLactin Cerapeutic Restoring Body Lotion** (\$19, drugstores), nearby to rehydrate. Also, a study published in the journal *Contact Dermatitis* showed that fibers emitted by air conditioner filters can cause skin irritation. "They settle onto surfaces like dust, and when people came into contact with them, they got a rash," Lewis says. "The longer you wait to clean your unit, the greater the chances for irritation." Replace filters every month or two in summer, and have your system professionally cleaned once a season.

## well, hello there, dryness

Healthy skin has a protective top layer that resembles a brick wall. The "bricks" are dead cells, and the "mortar" is a mix of oils and fats that keep this barrier intact so it can seal moisture in and shut out potential irritants, says Goldenberg. Swimming in salt water or a chlorinated pool washes away some of this mortar, causing tiny breaks that let moisture within the skin slip away, he says. He recommends rinsing off pool or ocean water after your swim and applying moisturizer, or a moisturizing sunscreen like **Aveeno Protect + Hydrate Lotion Sunscreen with Broad Spectrum SPF 30** (\$10, drugstores), to reinforce skin's natural barrier.



## more pollution = more lines

Oppressive humidity keeps pollution stagnant in the air, where it's more likely to interact with your skin, says Heidi Waldorf, M.D., an associate clinical professor of dermatology at the Icahn School of Medicine. "Pollution creates free radicals that damage collagen and elastin, leading to wrinkles," she says. More dirt and grime in the air can also add up to clogged pores. If you live in a city, be sure to wash your face after being outdoors for a while, and use a serum with antioxidants, such as **e.l.f. Skincare Soothing Serum** (\$12, elfcosmetics.com), to diffuse those free radical bombs.