

InStyle

278 pages!

what
to wear
now!

**PLUS
FALL
FASHION
& BEAUTY
PREVIEW**

**SKIN
SMART**
10 WAYS
TO ERASE
10 YEARS

**FALL
SHOE
GUIDE!**

**CLOSET
BOOT
CAMP**
Get Your
Wardrobe
Into Shape

**NEW WAYS
TO WEAR
JEANS**

Olivia Wilde!
ON FAME, FASHION
& FALLING IN LOVE

COOL!
IT'S A
BELT!

AUGUST 2013 INSTYLE.COM

\$4.99US \$6.99CAN



08>

0 70992 10645 5

10 WAYS TO

Erase Sun Damage



For a luminous glow like Marion Cotillard's, hit the salad bar.

MARION COTILLARD

3

Adjust Your A Game

Irony alert! Retinoids can make your skin more sensitive to the sun, yet dermatologists insist they're critical for reducing wrinkles and others signs of sun damage. Our advice: Use vitamin A derivatives at night and a hefty SPF during the day.

Roc Retinol Correxion Max Wrinkle Resurfacing System, \$24; target.com.

Avon Anew Clinical Absolute Even Spot Correcting hand cream, \$15; avon.com.



4 Look on the Bright Side

The thin skin on our hands and around our eyes is especially vulnerable to rays. (Did you know that dark circles can be caused by sun-related melanin production?) Treat those areas with TLC by slathering on a product spiked with sunscreen and skin brighteners, says dermatologist Cheryl Karcher, who recommends Avon's Anew Clinical line.

Heliocare Daily Use Antioxidant Formula, \$30/60; heliocare.com.



5

Pop Pills

These capsules have a secret: antioxidants from the extract of *Polypodium leucatosmos*. This tropical fern native to the Americas was once an aquatic plant but adapted to land eons ago by creating its own mechanism for avoiding UV damage. "One pill a day is a holistic way to slow the overproduction of melanin, which can lead to brown spots," says Dr. Baumann.



1 Go on a Veggie Kick

All those weekends at the beach house...fun? Definitely. Great for your skin? Probably not. The good news, says New Orleans dermatologist Mary Lupo: "You can start bolstering your skin from the inside out by eating at least one serving of leafy greens every day. They're packed with healing antioxidants."

2

Quench Your Complexion

Still hitting the sand without an ironclad SPF? Really? Well, at least lube up once you're back home. "Moisturizing immediately after sun exposure stops inflammation in its tracks," says Miami dermatologist Leslie Baumann.



Estée Lauder Cyber White Brightening Moisture Crème (with baicalin), \$75; estee lauder.com.

