

Your Skinfoformation

Q *I am doing a lot of snowboarding this winter, and I've been told that I need to be careful about my skin even though it's not hot and sunny. What should I be doing to protect myself?*

A It's true that when you hit the slopes, you should treat your skin just as if you are going to the beach. The sun's UV rays are more intense at high altitudes, and the snow reflects them onto your skin. **Apply and reapply a broad-spectrum sunscreen on face and lips.** Vitamin C can give added protection against sun damage. **For maximum defense, wear a face protector, like the Talus Cold Avenger, which also covers your ears and warms your face and the air that you breathe.**



Talus Cold Avenger \$50



SkinCeuticals CE Ferulic \$135



Elta MD SPF 40 \$24

Q *I am going on vacation soon and will have to wear a swimsuit, exposing my dry, crepey, pasty, cellulite-laden legs. I need all the help I can get!*

A We agree that no one should have to put on a swimsuit in December, but don't panic - there are some quick and easy solutions. **A Clarisonic brush removes flakes and smooths the way for self-tanner. Color makes legs look instantly more toned. Apply Body Booster daily, a patient favorite.** Your skin will look smoother immediately, and it can minimize the appearance of cellulite.



Clarisonic Pro \$195



Body Booster \$75



San Tropez Self Tanner \$40

Q *I use a skin lightening cream that contains hydroquinone. I've heard that this ingredient has been banned in Europe and some states. Is it unsafe? Should I stop using it?*

A Hydroquinone is regarded by dermatologists as the most effective agent for fading brown spots, for more than 40 years. Recently, there have been concerns about hydroquinone causing cancer and skin problems. **But, there has been no known case of cancer caused by using a lightening cream.** It is still available in Europe by prescription. In some states you need to get it at a pharmacy. We consider it safe and effective, but best used under a doctor's supervision.

Email your questions to:
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