

Inspirations & CELEBRATIONS



HEALTH & BEAUTY SKIN

End-of-Summer Skin Rehab Tips from Celebrity Facialists, Skin Experts and Estheticians



While we've all been fun playing at the beach or lounging by the pool this Summer, you might have started noticing the unpleasant effects cropping up on your delicate skin. Dreaded sun spots, discoloration, uneven skin tone, dryness, redness, and other types of skin ailments are often the undesirable results of Summers spent outdoors.

Skin Rehab Tips from The Experts

Fortunately, there are solutions to these plaguing problems. Today's beauty guide shares end-of-Summer skin rehab tips from skincare experts across the country, including leading estheticians, beauty clinic founders, and celebrity facialists.

[...]

Tip # 4: Boost Collagen Production with a Photofacial (or IPL)

In addition to being a celebrity facialist (for Jennifer Lopez, Naomi Campbell, Eva Longoria, and more) **Susan Ciminelli** is the founder of the renowned **Susan Ciminelli Beauty Clinic** in New York City. She recommends visiting a skincare center for **photorejuvenation treatment**. She explains that "BBL (BroadBand Light) Photorejuvenation is ideal for improving the appearance of sun damage and aged skin. During a BBL treatment, damaged skin is exposed to intense pulses of light which stimulate collagen and elastin fibers. This treatment typically takes around 15 minutes, and helps to significantly reduce fine lines and wrinkles, as well as brown spots. BBL is most commonly performed on the face, however can also be performed on various other parts of the body including the shoulders, arms, and chest."

Tip # 5: Reduce Wrinkles and Fine Lines with Red Light Therapy

If you don't have time to head to the Dermatologist or skincare clinic for skin rehab, try a hand-held laser light device, such as the **Tria Age-Defying Laser**, **LightStim for Wrinkles**, or **Red Light Therapy from Joovv Light** to help minimize the appearance of wrinkles and fine lines.

Scott Nelson, the co-founder of **Joovv**, a manufacturer of medical-grade red light therapy products that are designed for convenient, in-home use says, "Red light therapy is an excellent way to reverse some of the skin damage that your readers may have experienced from the summer sun. Backed by a robust amount of clinical evidence, red light therapy helps to reduce wrinkles, repair sun damage, fade scars, reduce inflammation, as well as many other benefits."