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How to Reverse Sun Damage With 10 Expert Tricks

Maria Cassano | June 6, 2016

I'm a huge believer in the healing qualities of the great outdoors. Nothing rejuvenates your mood and vitamin D levels quite like a hike on a sunny summer day. But knowing how to reverse sun damage is critical for outdoor lovers, as mistakes can (and do) happen — like getting back from the pool or beach, only to find that the *two tons* of sunscreen you applied was about two tons too little.

UV skin damage is a real and worrisome problem, and while everyone should always do their best to avoid it altogether, it's also important to know how to repair sun damage once it's already been done. Health problems aside, sun damage is also really rough on the appearance and elasticity of your skin. Not only does sun damage create spots, uneven skin tone, and fine lines, but UV damage can alter the DNA of the skin itself, which has been linked to cancer and other health issues.

Now comes the good news: You can, to a certain extent, reverse the damage. The first step is protecting against any further sun damage with a mineral, chemical-free sunscreen. The second is nourishing your skin with the vitamins, moisture, and antioxidants it needs to rejuvenate new cells. Not sure where to start? Here are some of the best post-sun tips from dermatologists and popular aestheticians everywhere.



Use A Great Glycolic Peel To Promote New Growth

Skin Obsession Glycolic Acid Home Chemical Peel, \$22, Amazon



Peels can be a great way to encourage skin regeneration, as you're removing the top layer to make room for the fresh, healthy layers underneath. This Skin Obsession glycolic acid home chemical peel contains nothing but water and glycolic acid (derived from sugar cane), making it one of the purest chemical peels out there. Surgeon **Dr. Anthony Youn** told Yahoo, "If you want a rapid change in your skin, a chemical peel can be a nice way to do it. The mildest option, glycolic acid, an alpha-hydroxy acid, is suitable for the treatment of fine wrinkles, uneven pigmentation, and acne." By penetrating the skin with ultra-small fruit acids, this particular formula helps with cell turnover to fix sun damage and the skin problems associated with it, like fine lines and spots, revealing the vibrant-looking skin underneath.

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