

# NEW! Woman's Day

FOR  
*Latinas*

## Organize for fall!

Natalie Morales on how she manages the busy season



**REFRESH  
YOUR SKIN**  
Anti-Aging  
Secrets  
» P.12

### HEALTHY ENCHILADAS

» P.29

MORE TASTY RECIPES!

**EASY TRICKS  
TO HELP YOU  
LOSE LBS.**



FALL 2014  
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# Post-Summer Skin Fixes

A SEASON OF FUN IN THE SUN CAN  
WREAK HAVOC ON YOUR SKIN. REPAIR  
THE DAMAGE WITH THESE EXPERT  
TIPS AND AFFORDABLE PRODUCTS.



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# 1

**“The skin along my chest looks uneven, with darker patches and white dots.”**

Many Latinos are predisposed to hyperpigmentation, which is the darkening of skin caused from the overproduction of melanin (the cells that make up your skin tone). Add in daily exposure to UV rays and the darkening process actually speeds up. As for the tiny white spots, they're actually a loss of pigmentation. (Just as hair loses color and turns gray, your skin can too.) You can thank the natural aging process for these tiny specks. Thankfully, they're harmless.

### Fight Back!

Extend your skincare routine beyond your jawline. Treat your neck and chest with facial products that contain antioxidants like vitamins C and E. They'll even out your skin tone and also rebuild collagen, which causes wrinkles when it breaks down with age.

**SheaMoisture Coconut & Hibiscus Brightening & Toning Dry Oil Mist, \$7.99;** at Target stores

### {DIY} Green tea toner

Brew a cup of green tea and let it cool, then lightly dab it on your chest with a cottonball. The polyphenols in the tea help eliminate free radicals and reactivate dying skin cells.

# 2

**“My body looks ashy and feels like leather.”**

Your body has fewer oil glands than your face, making it prone to dryness. With age, hormonal changes cause your sebum production and cell turnover to slow down. As your skin dries out, it can't shed dead cells. The result: rough elbows and knees and dull, itchy skin.

### Fight Back!

Every day, generously apply a body lotion formulated with glycolic acid, which will gently exfoliate skin to reveal a smoother, more even texture. Over time this ingredient will also help strengthen your skin.

**Nip + Fab Glycolic Fix Body Cream, \$9.99;** [gnc.com](http://gnc.com)

### {DIY} Coconut body scrub

Combine ½ cup coconut oil with 1 cup sugar and mix well before slathering on damp skin. Apply using circular motions to stimulate blood flow and to improve the overall look of skin.

# 3

**“Brown spots keep popping up on the back of my hands.”**

The skin on the back of your hands is delicate and thin, more so than on any other part of your body. This means your hands freckle and develop wrinkles well before your face does. The dark oval spots that suddenly seem to be forming come from years—past and present—of sun exposure.

### Fight Back!

You can prevent your spots from getting darker and ward off future ones by applying a UVA/UVB blocking sunscreen with SPF 30 or higher every day—even if you're just running errands. For camouflage, rub a touch of bronzing gel onto the back of well-hydrated hands.

**Comodynes Radiant Glow Body Instant Body Bronzing Gel, \$23;** [comodynes.net](http://comodynes.net)

### {DIY} Vitamin C treatment

Apply freshly squeezed lemon juice to the back of hands with a cotton swab. Leave on for 10 minutes, then rinse. It exfoliates the darkest layer of your skin.

SOURCES: Marina Peredo, MD, dermatologist, Smithtown, NY; Maritza I. Perez, MD, laser and cosmetic dermatologist, NYC and CT; Miguel R. Sanchez, associate professor of dermatology, NYU Langone Medical Center.

