

NEW BEAUTY

“MY CHEST IS
BLOTCHY AND CREPEY.”

PROTECT YOURSELF

To maintain the results of any skin-improving treatment—whether performed on the face, hands, chest or neck—diligent sun protection is essential. Just remember, the sun probably caused most of your skin issues to begin with. After any resurfacing procedure, look for a physical sunblock that contains zinc oxide or titanium dioxide; each creates a barrier that deflects the sun's rays.

TCA PEELS: EVEN OUT SKIN TEXTURE AND TONE

One method that's relatively gentle and effective for a blotchy, discolored chest is a trichloroacetic acid (TCA) peel to smooth out the skin's texture and color. During this 30-minute procedure, a 20% to 25% acid solution is applied to the skin to remove the damaged surface cells. However, it can be uncomfortable: "It feels like a bad sunburn," says Washington, DC, dermatologist **Tina Alster, MD**. Within a week or more, the top layers of the skin flake and peel off, leaving you with a renewed, smoother, more even-colored chest.

— \$500 to \$1,000 per treatment

LASER TREATMENT: ELIMINATE AGE SPOTS

If you have a spotty chest, your dermatologist or plastic surgeon may recommend a pigment-specific laser treatment, either in conjunction with a chemical peel or on its own. The specific laser recommended for you may be determined by your natural skin color, as well as your pigment problem. "It's a one-two punch that works," **Dr. Alster says**. At least two treatments are recommended, spaced about one to three months apart. For sun-damaged chests, dermatologist Mitchel Goldman, MD, of La Jolla, California, says treatment may also involve two to three sessions of Intense Pulsed Light (IPL) therapy, which uses a spectrum of different wavelengths of light to improve the appearance of discoloration and crepey skin with little to no downtime.

— Starting at about \$1,000, depending on location and extent of age spots

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