

Beauty Expert Shares Summer Skincare Secrets

Memorial Day is just around the corner, and while most everyone is ready to embrace the warm weather, it's important to remember that the sun's rays can wreak havoc on your skin, with both short term and long term results.



Certified Aesthetic Nurse Specialist **Jill Caruso** is sharing her **top five tips to keep you looking your best in the summer and beyond**, along with her favorite products* that will help keep your skin in top condition! **Jill is in no way affiliated or compensated by these brands.*

1. **Use SPF every day** – There is good reason you get this advice over and over again. This is a non-negotiable for healthy skin. Protecting your skin from the sun's harmful UVA/UVB rays is mandatory for skin health and anti-aging.

Jill's Picks:

- **EltaMD** UV Elements Broad-Spectrum SPF 44
- **SkinMedica** Essential Defense Mineral Shield Broad Spectrum SPF 35

2. **Don't forget your lips!** – This delicate area is often forgotten, but the lips require sun protection and hydration. Lips are just as susceptible to sun damage as the rest of the face. Lips tend to get dried out so when not in the sun make sure to hydrate them

Jill's Picks:

- **SkinMedica** HA5 Rejuvenating Hydrator
- **Colorscience** Sunforgettable Lip Shine SPF 35

3. **Botox helps prevent wrinkles... and sweat!** – By temporarily paralyzing muscles, you are able to prevent future wrinkles. This is especially important around the "crow's feet" area in the summer, when we tend to squint more in the sun. Botox is also used for hyperhidrosis, so you can prevent excess sweat on the forehead, as well as and sweaty armpits!

4. Reapply SPF without messing you makeup! – Carry a bush-on mineral SPF, which is easy to use and super convenient.

Jill's Picks:

- **Colorscience** Sunforgettable Brush-on Sunscreen SPF 50
- **Avène** High Protection Tinted Compact SPF 50

5. **Use nightly fading cream** – Dark spots tend to appear more in the summer when the skin is being constantly exposed to the sun.

- **Clinique** Even Better Clinical Dark Spot Corrector
- **SkinMedica** Lytera 2.0 Pigment Correcting Serum

MORE ABOUT JILL CARUSO RN, BSN, CANS:

Jill's Aesthetic Services Include:

- **Botox, Dysport & Xeomin:** The number one aesthetic procedures in the U.S. to reduce fine lines
- **Dermal Fillers:** Great for returning volume to your face by filling in wrinkle lines.
- **Chemical Peels:** Great for brightening and tightening sins of aging and photodamage.
- **Kybella Treatments:** For non-surgical double chin reduction.

FOX Vein Care is located at 1041 Third Avenue on the Upper East side of Manhattan. For more information, go to www.foxvein.com or call (212) 362-3470.