



● NECK + CHEST

When the temperature rises, necklines fall. “Women obsess over every millimeter of their face, then completely ignore everything from their chin down,” says New York City-based dermatologist Macrene Alexiades-Armenakas, M.D., Ph.D. Remember the ultimate skin-care rule: Use a broad-spectrum sunscreen SPF 15 or higher every day—including your neck and chest. This will help prevent sun damage that can lead to age spots, sagging and wrinkling. If you already see these signs, consider a trip to your dermatologist. “A gentle, in-office chemical peel can improve skin tone and texture,” says Alexiades-Armenakas. If you’re the do-it-yourself type, rub an at-home exfoliation gel on your neck and décolletage in circular motions for a few minutes, two or three times a week. It will leave your skin refreshed and give you a complexion you can feel confident about.

products

1● *Ling Skincare Rescue Skin Peel* (\$65; lingskincare.com) reveals younger-looking skin without causing redness and irritation.

2● *Clarins Bust Beauty Extra-Lift Gel* (\$58; clarinsusa.com) is a plant-infused firming gel that lifts, tones and supports your skin.

3● *Colbert M.D. Intensify Facial Discs* (\$52 for 20 discs; colbertmd.com) gently

exfoliates and promotes cell turnover on your neck, chest and face.

4● *Garnier Nutritioniste Skin Renew Anti-Sun-Damage Daily Moisture Lotion SPF 28* (\$13; target.com) banishes fine lines and age spots.

5● *Dr. Hauschka Regenerating Neck and Décolleté Cream* (\$58; drhauschka.com) contains hydrating oils such as macadamia and argan to replenish dry, irritated skin.

