

## Five Ways to Reverse Summer Sun Damage

We've all had our fun outside during the summer months, but with winter upon us, it's time to reverse some of the skin damage caused by the sun's harmful UV rays. The expert medical team at Divine Laser & Anti-Aging MedSpa are happy to share their top five ways to reverse skin damage, so you can start the new year off with a glowing complexion.

### 1. IPL Photofacial

Intense-Pulsed Light (IPL) therapy, also known as the [IPL Photofacial](#), uses specialized LED lights to target hyperpigmented and damaged skin cells to provide you with a bright, refreshed look. This non-invasive treatment is perfect for reducing sun spots, brown spots, and other skin damage by treating your hyperpigmentation at its source.

### 2. Chemical Peels

[Chemical peels](#) are a popular way for our patients to get rid of their summer skin damage all at once. Our chemical peels use a unique chemical solution that gently exfoliates the uppermost layers of skin. The "peel" portion of your chemical peel treatment takes place after your appointment as you heal. The peeling you experience over the next five to 10 days will remove all of your dead and damaged skin, leaving behind a bright and beautiful face.

### 3. Microneedling

[Microneedling](#) has stolen the spotlight in recent years, and for good reason. This minimally invasive procedure uses small, hair-like microneedles to puncture the skin and create very small wounds called micro-channels. These micro-channels help your skin better absorb nourishing serums while triggering your body's natural production of collagen, for restored skin that's ready for a new year.

### 4. Sun Spot Treatments

[Sun spot treatments](#) are the most effective way to get rid of your summer sun damage. At Divine, we use the PicoWay® Resolve Fusion fractional laser to remove unwanted hyperpigmentation and damaged cells underneath the skin's surface. This cutting-edge laser technology gives our patients flawless results they desire without the lengthy downtime and recovery period associated with traditional laser treatments.

### 5. At-Home Skincare

At-home skincare is one of the best ways that you can take care of your skin on the daily while ensuring your treatments are providing you with the best possible results. We always recommend our patients use [medical-grade skincare](#) products with the highest-quality ingredients, like the ZO® Skin Health skincare line. If you're not sure where to start in your skincare routine, we'll be more than happy to sit down with you and develop a personalized skincare routine tailored to help you address your biggest skin concerns.

[Contact us](#) to set up your free one-on-one consultation with one of our expert medical team members today. In light of recent events, we are also happy to offer free [virtual consultations](#), so you can get your questions answered in the comfort of your very own home.