

Beauty in Color: Taking Care of The Skin You Are In By [Daria Wright](#)



Recently, I spoke with board certified Dermatologist and Dermatologic Surgeon, Dr. Brooke Jackson of the [Skin Wellness Center](#). Dr. Jackson's specialties include ethnic skin care, laser therapy and skin cancer prevention. In fact, the doctor was the first African American dermatologist to be awarded laser fellowship training at Harvard, pioneering the use of lasers in ethnic skin. This month, Dr. Jackson helps me debunk some of the myths about ethnic skin care, and how to take care of the skin you are in.

Women of color, from African Americans to Asians, produce more melanin than fairer skin tones. This accounts for a host of benefits from fewer wrinkles to a higher resiliency to sun exposure. "Generally, people with darker skin age 20-30 years later than people with fair skin" explains Dr. Jackson. And while that statement may seem astounding, it doesn't give women of color carte blanche to ignore the affects of the sun.

Melanin is responsible for producing the pigment found in hair, skin, and nails and it's responsible for protecting the skin from UV rays. While the cells in darker skin are more active in their production of pigment, affording a bit more sun protection, Jackson insists that sun protection is a step no woman, regardless of the color of her skin, can afford to miss. She recommends the following basic, yet effective skin care regimen to keep ethnic skin looking and feeling its best: cleanse, moisturize and protect.

Start by using a gentle, inexpensive cleanser such as YesTo Carrots' *C is for Clean Gentle Exfoliating Cleanser* for all skin types (\$9.99 at Walgreens nationwide). This cleanser is formulated with the exfoliating and detoxifying benefits of Dead Sea mud, antioxidant-rich carrot juice, and the polishing properties of apricot granules.

Jackson advises her clients against toners, and suggests following cleansing with Aveeno's *Positively Radiant Daily Moisturizer with SPF 15* (\$15.99 at Walgreen's nationwide) during warmer months. It contains skin-tone evening soy and light diffusers to smooth visible imperfections. During colder months, she recommends a moisturizer that is heavier in texture. I like Philosophy's *When Hope Is Not Enough SPF 20* (\$38 at sephora.com). This product fights the signs of aging,



while protecting the skin from the sun's damaging rays, necessary even in winter months.

Dr. Jackson also recommends mineral makeup for its compatibility with all skin types. Plus, most mineral makeup contains ingredients that offer additional protection from the sun. Opt for jane iredale, the skin care makeup's *Amazing Base Loose Minerals with SPF 20*, available in a range of hues to complement all skin tones, from Mink to Maple (\$42). Shop the collection online at www.janeiredaledirect.com.

The lesson is, no matter your skin tone, protection and prevention are the keys to looking gorgeous for years to come. And for all women, no matter what skin tone, protecting yourself from the harmful effects of UV rays is the best way to love the skin you're in.

Beauty in color is our monthly beauty column aimed at reviewing products, highlighting color trends, and focusing on the hair care and skin care needs of women of color. Please contact [Daria Wright](mailto:Daria.Wright@janeiredale.com) if you have story ideas or product suggestions.

