

The Best Products for Minimizing the Look of Dark Spots on Skin, According to Dermatologists

At this point in your life, you shouldn't need an "excuse" to slather on sunscreen. You already know that the sun's rays are harmful: too much exposure can dramatically increase your risk of skin cancer. But if you need more cosmetic reasons to convince yourself of the importance of SPF, remember that sun damage can also cause wrinkles and skin laxity. Another frustrating problem that sun exposure causes is dark spots on skin.

Retinol creams contain retinoids, which are vitamin A analogues that can help to reduce pigmentation, explains Ariel Ostad, MD, PC, a board-certified dermatologist in New York. "Retinol creams work by peeling skin, so by picking one with a higher concentration of retinoids, you will experience more peeling, helping to promote additional skin cell turnover," he explains. Faster cell turnover should help expedite the fading of dark spots. "The Sunday Riley® A+ High Dose Retinol Serum (\$85) has a high concentration (6.5% stabilized retinoid), along with botanical extracts for soothing the skin."