Between visiting family from Florida to L.A., business travel all over the world and our daily routine of driving back and forth from our medical practices to the Rodan + Fields’ home office, we practically live in our suitcases…and our handbags. Whether we’re flying across the country for a dermatology conference or walking a few blocks to a lunch meeting, we know being constantly on the go can take a toll on our complexions. Through our journeys, we’ve learned a few tricks to keep those miles from leaving a mark on our skin. No matter where your daily adventures take you this season, use these tips to keep your skin looking and feeling its best.

**Go Fresh Faced.** In case you don’t have time to wash off your makeup before you rush to that after-work Spin’ class, carry a supply of REDEFINE Eye Cloths in your purse to wipe the makeup from your face. Remember to wash and treat your face as you normally would as soon as possible after exercising.

**Stick to Sunscreen.** Although our hands are exposed to the same genetic and environmental aging factors as our faces, they rarely get the same attention. To keep your hands looking youthful, keep a sunscreen stick on hand and apply frequently throughout the day, particularly after you wash your hands.

**Be Prepared.** Be like a Boy Scout and “be prepared” whenever and wherever. In your purse and car, store an on-the-go medical kit that includes SOOTHE Sensitive Skin Treatment to help relieve itching, swelling and redness in case of an insect bite and antihistamines in case of an allergic reaction. Also carry aspirin and a one- to two-day supply of any routine medications.

**Give Lip Service.** Applying lip gloss won’t heal your dry, chapped lips. When lips feel dry, reach in your purse or pocket for a lip balm. For best results, use a lip balm with UVA/UVB sun protection and proven antioxidants and skin conditioners.

**Get Covered.** The aging UVA rays of the sun are present 365 days of the year, sunup to sundown—and so powerful they can penetrate clouds, rain, glass, some plastics and clothing. Protect your skin with a broad-spectrum sunscreen before you leave the house and carry it with you to reapply throughout the day.

**Bring the Shade.** We have many patients who stand around their kids’ sporting events in the blazing sun for hours. Instead of sacrificing your skin, do as we do and have an umbrella ready to protect yourself. It will also help you if you get caught in the rain.

**Be Sun Smart.** For the days you’re going sleeveless, store a spare long-sleeve jacket in your car to slip over the arm that’s most exposed to direct sunlight while you drive. Whether commuting on the freeway or sitting in an office with a window, if we neglect to protect ourselves from incidental sun damage, our skin and our health will pay the price.

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Dr. Katie Rodan and Dr. Kathy Fields
Luminosity comes from building up skin, not just taking it away. Getting a healthy-looking, luminous complexion isn’t just about sweeping away dead skin cells. Along with regular exfoliation, skincare products containing clinically proven ingredients, like retinol and peptides, help to fortify skin, enhance resiliency to environmental stressors and promote luminosity.

Read more on Derm RF, our skincare blog hosted by Dr. Katie Rodan and Dr. Kathy Fields and their team of experts from Rodan + Fields. Check it out and subscribe today at [www.dermrf.com](http://www.dermrf.com).
Fiction. Gravity is constantly tugging on our skin and while a stack of weights may work great for toning your biceps, facial exercises can actually have the opposite unwanted effect of enhancing your wrinkles.

Your face contains 44 muscles that are constantly contracting and relaxing. These muscles are connected to your skin, so every time they move, the skin moves with them. When you sip, laugh, cry or speak, your expressions etch indelible marks across your forehead, around your mouth, between your brows and along the perimeters of your eyes. Over time, these repeated motions lead to deep lines and wrinkles. The more you make the same repetitive facial movements, the deeper the lines become.

While we don’t want to lose the ability to express ourselves, there are solutions that can help us lose the wrinkles that follow. Collagen-enhancing ingredients can help create firmer-looking skin. For expression lines, hyaluronic acid and peptides are now available in an innovative delivery system known as Liquid Cone Technology, offering a great alternative to injectables for helping to fill the wrinkles and create a more youthful, smoother-looking appearance.