



Frequent phone checks may lead to wrinkles, say some experts.

THE TECH EFFECT

Your Candy Crush habit—or Netflix subscription—may be to blame for some of your skin problems. Here, experts share new dermatology issues of the digital age—and what you can do to reboot your complexion

By NING CHAO

TECH NECK

Whether you're reading e-mails or catching up on Instagram, repeatedly looking down at a tablet or phone screen can lead to horizontal neck lines and sagging skin at an early age, warns New York City dermatologist Dr. Patricia Wexler. To prevent tech-induced turkey neck, use a stand or hold your device higher (easier when you're sitting) and start slathering on a lotion with peptides, which stimulate collagen to help stave off lines. (We like Algenist's Firming & Lifting Neck Cream.) For deeper wrinkles, Wexler recommends injections of a neuromodulator like Botox. "They weaken the downward pull of the neck muscles and lift the jawline, diminishing the appearance of neck lines," she explains.

SMARTPHONE SQUINT LINES

Stick a piece of tape between your brows and scroll through your phone. If the tape crinkles, that means you're furrowing your brow, which can cause wrinkles. If you use your tablet in the dark, you'll start seeing the lines faster. "Many people use devices without ambient light—in bed, for instance—and they don't put on their glasses, either," says Cambridge, Massachusetts, dermatologist Dr. Ranella Hirsch. "Over time, you get wrinkles because you're using your eye muscles to focus and compensate for the lack of light—it's like going to the beach without sunglasses." An eye cream with retinol, like Neutrogena Rapid Wrinkle Repair, reduces the appearance of fine lines, while injections of a neuromodulator can address deeper furrows. "And turn on a light when you read in bed," advises Hirsch.

CFL SPOTS

The planet thanks you for switching to energy-saving compact fluorescent light (CFL) bulbs, but did you start seeing brown spots after going green? Beverly Hills dermatologist Dr. Ava Shamban says that a 2012 study showed that CFL bulbs emit more UVA rays than incandescent light sources, increasing free-radical damage in skin. Whether your spots are

a result of the bulbs or good old-fashioned sunlight, Shamban recommends a product with antioxidants to prevent more damage, and in-office intense pulsed light (IPL) treatments to help with existing spots. And consider changing CFL bulbs to light-emitting diodes (LEDs), which emit almost no UV rays.

CELL "PHACNE"

Phone-induced acne *is* a thing. "Breakouts are due in part to bacterial contamination," explains Shamban. "Touch screens tend to be oily, and bacteria stick to the oil." Switching to the speaker function or using headphones will help, as will daily deep cleansing. Wexler suggests using a sonic facial brush and products with salicylic acid. Try Clinique's new Sonic System Purifying Cleansing Brush paired with its 3-Step Clear Skin System Starter Kit (\$36 for the starter kit). And be diligent about cell phone hygiene. **mc**

SKIN SAVERS



1. **Neutrogena** Rapid Wrinkle Repair Eye Cream, \$20.
2. **Clinique** Sonic System Purifying Cleansing Brush, \$90.
3. **Well-Kept** Screen Cleansing Towelettes, \$5 for pack of 15.
4. **Algenist** Firming & Lifting Neck Cream, \$98.