



Lenox and Sixteenth Explains Vitamin C and SPF Layering Ahead of National Healthy Skin Month

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Lenox and Sixteenth, a Miami Beach skincare brand that prioritizes vitamin C and peptides in its formulations, has released guidance on layering vitamin C and SPF ahead of National Healthy Skin Month in November. The guidance explains the distinct roles of sunscreen and antioxidant serum in a morning routine and the order in which to apply them. It is intended for Miami Beach consumers who use both products and want to understand what each one contributes.

The American Academy of Dermatology designates each November as National Healthy Skin Month, a campaign it launched in 1997 to encourage attention to skin care habits. The organization notes that lifelong sun protection can help prevent sunburn, early signs of skin aging, and skin cancer. Lenox and Sixteenth applies that emphasis to the daily routine, where sunscreen and antioxidant skincare can be used side by side.

Sunscreen reduces the amount of ultraviolet radiation that reaches the skin. Broad-spectrum formulas protect

against UVA rays, linked to skin aging, and UVB rays, the primary cause of sunburn. The academy has also noted that up to 80 percent of ultraviolet rays can pass through clouds, so exposure continues on overcast days.

SPF, or sun protection factor, indicates a sunscreen's level of UVB protection. SPF 15 filters about 93 percent of UVB rays, while SPF 100 filters about 99 percent. Because no sunscreen provides complete protection, pair it with antioxidant skincare.

Ultraviolet radiation and pollution generate free radicals, which are unstable molecules that contribute to oxidative stress and visible signs of aging. Antioxidants help neutralize free radicals before they can damage healthy skin cells. A review of topical vitamin C published in the Journal of Clinical and Aesthetic Dermatology notes that sunscreens only partially block UV-induced free radicals.

Vitamin C is an antioxidant that supports collagen production. Ultraviolet exposure can reduce the amount of vitamin C present in the skin. Topical formulations may also help brighten the skin and even out tone.

The company describes vitamin C and sunscreen as complementary products. Sunscreen filters UV radiation, while vitamin C helps neutralize the free radicals UV exposure produces.

The company recommends applying vitamin C serum to clean, dry skin in the morning, followed by a lightweight moisturizer if needed. Allow the serum to absorb before applying the next product, and finish with sunscreen. The company recommends The Preservationist Vitamin C Cream Serum for the vitamin C step.

For routine daily use, the academy recommends a broad-spectrum sunscreen with an SPF of 30 or higher and advises reapplying it about every two hours when outdoors. A sunscreen meant to layer over a serum is easier to work into a routine if it has a lightweight texture, a formula that doesn't pill with other products, and a finish that sits comfortably under makeup. Consumers concerned about sensitivity can test a small amount of a new sunscreen before applying it across the face.

To help preserve vitamin C formulas, keep the container tightly closed and store it away from heat and direct sunlight, preferably in a cool, dry place rather than a humid bathroom. Avoid touching the dispenser opening, and follow the product's recommended shelf life. Darkening or another noticeable change in appearance may indicate that a formula has degraded.

Lenox and Sixteenth is a Miami Beach skincare brand founded by medical aesthetician Amy Peterson. The brand combines professional expertise with formulas designed for convenient at-home use. Its online journal publishes skincare education alongside its product line.

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Lenox and Sixteenth

Lenox and Sixteenth is a luxury skincare brand based in Miami and founded by celebrity medical aesthetician Amy Peterson.

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