

It's Good to Be You™

Women's Health

TWO WEEKS TO A...

BIKINI READY BODY!

Reshape Your Abs, Butt
& Thighs—Fast!

60-Second Stress Cures

Burn More Fat With Less Work

Easy Ways to Rev
Your Metabolism

101 RED-HOT SEX BOOSTERS

WomensHealthMag.com

FLAT BELLY FOODS

Lose
Weight
While
You
Eat!

*Lost's
Evangeline
Lilly*

The super-fit
(and feisty!)
actress holds
nothing back

Summer Bonus

- * The Ultimate Staycation
- * Quick Grill-to-Table Recipes
- * Pretty Hair, No Blow-dryer Required!

\$4.99 US DISPLAY UNTIL
JUNE 30, 2009



June 2009

LUMINOUS SKIN FOR LIFE

Applying sunscreen can kinda suck. But a new breed of blocks—and these brilliant tips—will make protecting your complexion so much easier.

By Elizabeth Einstein



You can come out of hiding.

LOTS OF PEOPLE AT THE BEACH HAVE THEIR heads in the sand: A recent Skin Cancer Foundation survey says 40 percent of adults neglect to wear sunscreen, despite the abundance of information about how damaging the sun's rays can be. To do our part to reduce this number, *WH* talked to top dermatologists and tested dozens of products to find simple solutions to every SPF gripe under the (can't resist) sun.

Gripe

IT LEAVES BEHIND A WHITE FILM

You shouldn't have to make yourself look like a *Twilight* extra to enjoy a day at the beach. But no matter how hard you rub, it's tough to get rid of that nasty white SPF residue. "The mask effect is caused by physical (as opposed to chemical) blocks such as titanium dioxide and, to a lesser extent, zinc oxide—ingredients that reflect light as they sit on the surface of the skin, causing a bluish cast," says Jeannette Graf, M.D., an assistant professor of dermatology at Mount Sinai School of Medicine and the author of *Stop Aging, Start Living*.

Solution Try quick-absorbing blocks with chemical ingredients that sink into your skin

CHRISTINA RENÉE

instead of sitting on top of it. Heavy-hitters like Mexoryl SX, Helioplex, and AvoTriplex have been available in Europe for years. Lucky for you, these megaprotectors are now approved for use in the States.

You can also avoid looking like Casper with new clear sunscreen formulas. "A translucent stick or gel will absorb instantly without leaving any white residue," says Howard Sobel, M.D., clinical attending physician in dermatology and dermatologic surgery at Lenox Hill Hospital and Beth Israel Medical Center in New York City.

Gripe

IT MAKES YOUR SKIN BREAK OUT

One major reason for religious sunscreen use is to maintain a pristine complexion. But often the faithful get punished with a constellation of pimples, thanks to irritating, oil-encouraging chemical ingredients.

Solution Keep skin clear and protected with a sunscreen formula that is oil- and fragrance-free, hypoallergenic, noncomedogenic. And always be sure to wash your face before applying sunscreen. Look for formulas that contain small amounts of zinc or titanium (hint: ingredients are listed in order of abundance)—they will play nice with sensitive skin, and in small doses, they won't give you a corpse-like complexion.

Another way to battle blemishes: Stash a pack of acne-fighting facial cleansing wipes in your bag. "Periodically removing sweat from the skin helps to decrease bacterial growth, which can lead to acne," says Karyn Grossman, M.D., a dermatologist in Santa Monica, California, and New York City. Just don't forget to reapply sunscreen afterward. When you get home, wash your face as you normally would, and apply your regular acne medication as needed.

BLOCK STARS

The latest, greatest formulas serve an extra purpose—from surviving sports to just making application a little easier.

1

Broad-spectrum blocking La Roche-Posay Anthelios 60 Melt-In Sunscreen Milk (\$32, laroche-posay.us)

7

Easy application Banana Boat Ultra Defense Continuous Spray sunscreen SPF UVB 85 (\$13, drugstore.com)

2

Super-high SPF Neutrogena Ultra Sheer Dry-Touch Sunblock SPF 100+ (\$12, at drugstores)

3

Best bargain Aveeno Continuous Protection sunblock spray SPF 70 (\$8, amazon.com)

4

Anti-aging ingredients Rodan + Fields Anti-Age Skin Protectant SPF 15 (\$160 for three-product system, rodanandfields.com)

5

For your tiny parts Clinique Advanced Protection SPF 45 Targeted Protection Stick (\$17.50, clinique.com)

6

Waterproof protection Hawaiian Tropic Ozone Sport SPF 60+ (\$10, at drugstores)

DAMAGE CONTROL

Despite your best intentions, sun-care slips happen. Here's how to mitigate the not-so-cute consequences.

Damage A lobster-red sunburn

Rx That tightness you feel is your skin swelling: "Take 400 milligrams of aspirin or ibuprofen every four hours for the first day to offset pain and inflammation," says Jeannette Graf, M.D., of the Mount Sinai School of Medicine. Dab on aloe or a hydrocortisone lotion to hydrate skin until the burn subsides.

Too much sun also destabilizes the skin's oxygen molecules, releasing free radicals that lead to wrinkles and sagging. Fight this effect by using a moisturizer with an SPF of 15

to 30 and vitamins A, C, and E (try DDF Moisturizing Photo-Age Protection UV Moisturizer SPF 30, \$32, ddfskincare.com): "A multi-dose of antioxidants helps fight damage from the sun," says NYC dermatologic surgeon Howard Sobel, M.D.

Damage Swollen, sun-baked lids

Rx Twice a day, soak green-tea bags in cold water and place them over your eyes for three to five minutes. "It feels soothing, and the polyphenols in green tea reduce inflammation," says dermatologist Karyn

Grossman, M.D. Apply a layer of aloe gel around the eyes, and avoid irritating anti-aging eye creams for 10 days.

Damage Fried hair

Rx Once a week, after shampooing, follow up with a protein-rich deep conditioner, such as Redken Color Extend After-Sun Mask (\$15, redken.com for stores). Smooth it onto damp hair; leave it for 20 to 30 minutes and then rinse well. For very dry, stripped hair, Graf recommends treatments that contain olive oil, ceramides, neem oil, and cholesterol.

Gripe

YOU HAVE TO REAPPLY IT CONSTANTLY

As any decent derm will tell you, the keys to effective sun protection are slathering on enough product to do the job, and reapplying it at least every two hours or so. "Nothing is effective all day—even if it's SPF 1,000, waterproof, and sweatproof," says Katie Rodan, M.D., clinical assistant professor of dermatology at Stanford University School of Medicine. **Solution** Thirty minutes before heading out the door (and before you slip into your bikini), apply a heavy-duty base layer of a creamy formula of at least SPF 30 to every inch of your skin. Then you can use an SPF 30 or higher spray or stick, for touch-ups throughout the day.

"Lotions tend to provide the best coverage because they're

the thickest," Rodan says. Use at least a teaspoon on each major body part (more for the larger parts). That's at least one ounce, or about a shot glass full.

When it's time to reapply, you can reach for less labor-intensive formulas, such as solids and sprays. "Sticks are great for facial touch-ups because they offer so much control and the sunscreen won't get in your eyes," Grossman says. "Sprays are good for the body because they're easy to apply, but you still have to spritz liberally—enough to initially see a white film on the skin—to get the appropriate SPF. A fine mist isn't going to fully cover you."

Gripe

SUNSCREEN FEELS TOO HEAVY UNDER MAKEUP

UVA rays penetrate deep into the dermis, causing damage that can take years to show up—in the form of wrinkles, brown spots, and skin cancer—so they're seriously dangerous. And they're sneaky little buggers; they can penetrate car, airplane, and office windows. That's why you have to wear sunscreen every single day.

Many makeup companies now make SPF-enhanced foundations and powders, but they don't provide enough protection alone. "The problem is that you'd have to use a really thick layer over every millimeter of your face, and that's just not realistic—nor would it be attractive," Rodan says.

Solution In the morning, put on a moisturizer that contains a broad-spectrum sunscreen (these protect against both UVA and UVB rays) and an SPF of at least 30. If your favorite brand doesn't qualify, mix your regular sunscreen with your foundation for a tinted sunscreen product. Your SPF-enhanced makeup will act as an extra layer of protection. Try applying a sun-shielding primer, like NARS Makeup Primer with SPF 20 (\$33, sephora.com).

SPFS WITH A VITAMIN SPIKE

Studies have shown that topical antioxidants enhance sun protection. Look for sunscreens containing vitamins A, C, and E; green tea; or soy.

Guard your lips with a clear balm (like Palmer's Cocoa Butter Moisturizing Lip Balm SPF 15, \$1.50, at drugstores) or tinted formulas (such as Revlon Super Lustrous Lipgloss SPF 15, \$7, at drugstores). And carry a protective hand lotion (such as Borba Advanced Aging Flawless Tone Hand Crème SPF 25, \$45, borba.com) in your purse or beach tote.

Gripe

IT SWEATS OFF DURING WORKOUTS

The best thing about warm weather is being able to exercise outdoors. The worst thing is having to wear heavy sunscreens that drip—usually into your eyes—the second you break a sweat.

Solution Sweat- and water-resistant gels and lotions are the best performers for hardcore activity. "They can still drip, but they'll last longer than regular formulas," Grossman says. But if your eyes are sensitive, you may have to settle for a less-absorbent block containing zinc or titanium, says Leslie Baumann, M.D., director of

the University of Miami Cosmetic Medicine and Research Institute.

Another option is to dust on a sun-protection powder (one is Colorescience Sunforgettable Brush SPF 30 Sun Protection in All Clear, \$50, colorescience.com for stores) over your usual cream or gel sunblock. These go on like any loose powder, but they have a water-resistant formula that helps keep them (and your sunscreen) in place.

And don't forget protective gear, like a visor and a good pair of UV-blocking sunglasses. As effective as it's become, sunscreen still benefits from a little backup. ■

SUNSCREEN MYTHS—BUSTED!



Myth Dark skin doesn't burn, so you don't need sunscreen

Reality "All complexions can burn," says Karyn Grossman, M.D., a dermatologist in Santa Monica and New York City. "A dark-skinned African-American doesn't need as high an SPF as a pale redhead, since she has more melanin in her skin for natural protection." Still, that extra melanin doesn't guard against the UV damage that accelerates aging or causes cancer. If you have dark skin, you need a broad-spectrum sunscreen with an SPF of 15 or higher.

Myth The sun gives you great highlights

Reality "Sun exposure damages your hair too," says Katie Rodan, M.D., of Stanford University. In fact, those highlights are evidence of damage that can give your hair a dry, strawlike texture and cause breakage. Keep your hair healthy by using UV-shielding products. Try Barex Sun Essential Oil

(\$27, beautyhabit.com).

Myth Getting a tan zaps zits

Reality A tan can temporarily camouflage the redness of a pimple and dry out the skin's surface, but sun exposure will eventually lead to more breakouts. "It causes a buildup of dead skin cells that clogs pores," Rodan says. "This actually worsens acne." The sun also dehydrates the skin; when that happens, your oil glands try to compensate by pumping out more oil, which may leave you with more zits.

Myth There's no benefit to an SPF higher than 30

Reality A higher number is slightly better. "You get 99 percent sunburn protection with SPF 90, versus 96 percent with SPF 30," says Howard Sobel, M.D., of Lenox Hill Hospital in New York City. Over a lifetime, a few more percentage points of protection can add up to a lot less sun damage.