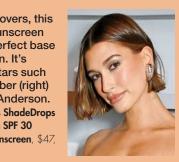
HELO: beauty



1. Keys Soulcare Daily Moisturizer Broad Spectrum SPF 30, \$51, sephora.ca 2. Dermalogica Porescreen SPF 40, \$77, dermalogica.ca

3. Shiseido Urban Environment Vita-Clear Broad Spectrum SPF 42 Sunscreen, \$48, shiseido.ca

For makeup lovers, this serum-like sunscreen provides a perfect base for foundation. It's beloved by stars such as Hailey Bieber (right) and Pamela Anderson. **Summer Fridays ShadeDrops Broad Spectrum SPF 30** Mineral Milk Sunscreen, \$47 sephora.ca



STAY UNDER COVER

When choosing your primary sunscreen, you should be on the lookout for three things: broad-spectrum protection, meaning it guards against UVB rays (which lead to burning) and UVA rays (which age the skin); a minimum SPF of 30; and a cream formula. "The trouble with powders and sprays is there's more room for error in their application," says Dr. Jamil Ahmad, a boardcertified plastic surgeon in Mississauga, Ont. "It's not as easy to ensure even and sufficient coverage." But if you love the ease or feel of a spray or powder, use one to touch up throughout the day.

Next, find a formula you'll actually like wearing. "Your SPF is an extension of your skin care," says Charmaine

> Cooper, a Toronto-based author and skin-health educator. "If your SPF is not suited to your skin type or condition, it could work against what you're trying to achieve." Luckily, the newest sunscreens – from brands such as Keys Soulcare, Shiseido and Dermalogica – take inspiration from the skin-care world by adding a cocktail of highperformance ingredients including squalane, niacinamide to vitamin C.



Heading out into the

sun? Be sure to have

a protection (and

treatment) plan in

ways to help keep

place. Here are four

skin damage at bay

By Kaysey Davis

1. U Beauty Resurfacing Body Compound \$128, ubeauty.com

2. Beautycounter Reflect Effect Overnight Resurfacing Body Peel, \$59, beautycounter.com 3. Drunk Elephant Bouncy Brightfacial, \$89, shoppersdrugmart.ca

2 FIGHT FREE RADICALS

The sun may be enemy number one, but other environmental aggressors, such as pollution, produce free radicals, resulting in dark spots, dullness and wrinkles. That's where antioxidants like vitamins C and E come in. "They fight the free radicals and help to replenish the skin," explains Charmaine. Vitamins are also known for their healing properties, making them a great go-to after a sunburn. "You have a 24-hour window to help reverse some of the damage that occurred."



- 1. Peace Out Vitamin C Glow Stick, \$37,
- 2. Wildcraft Brighten Vitamin C Serum \$42 wildcraftcare ca
- 3. The Body Shop Vitamin E Moisture Sleeping Mask, \$28, thebodyshop.com



1. Nudestix Sunshine Oil Body Elixir, \$48, nudestix.ca

- 2. Bondi Sands Technocolor Caramel 1-Hour Express Self-Tanning Foam \$34, bondisands.com
- 3. St. Tropez Luxe Body Serum, \$59, shoppersdrugmart.ca

3 TAN SANS UV

"There is no such thing as a 'safe' suntan," says Dr. Ahmad. Whether you're at the beach or on a tanning bed, UV exposure can be extremely damaging to your skin. Self-tanners and spray tans are safer alternatives, and there are many products you can use at home to get your glow on. For a non-streaky application, make sure you exfoliate beforehand. "Dry-brush any skin that's going to be exposed to the sun," advises Charmaine, "and then apply the tanner in an even, upward motion toward the centre of the body."

If you've done your due diligence with SPF and antioxidant products and are still noticing hyperpigmentation (dark spots), there are treatment options. Chemical peels - which use lactic, glycolic or salicylic acid to mimic the body's natural peeling mechanism and slough off damaged cells – are "a non-invasive way to lighten pigmented skin," says Dr. Ahmad. As well, energy- and light-based devices like intense pulsed light [IPL] and the PicoWay laser do a great job of clearing brown spots and other signs of damage."



Angelina Jolie's dermatologist, Dr. Rhonda Rand, revealed the actress (above) had IPL treatments after her pregnancy to reduce pigmentation.

Supporting Ācts

Keep your skin looking and feeling its best with sun-smart beauty buys



At the end of the day, this cleansing oil will break down makeup and sunscreen, and add much-needed hydration back to your skin. Pixi EOD Cleansing Oil

\$22, ca.pixibeauty.com

After time outdoors, give your face a healthy dose of hyaluronic acid and ceramides to hydrate and plump skin. Tower 28 Beauty SOS Daily Barrier **Recovery Cream**, \$33, sephora.ca



If you're on the go, a sunscreen stick is the perfect mess-free product. This non-greasy formula is invisible and will keep your makeup from smudging. La Roche-Posay Anthelios XL Targeted Protection Sunscreen Stick SPF 60, \$26,

laroche-posay.ca



"A sufficiently applied SPF wears off in two hours," notes Charmaine. These colourchanging stickers are a gentle reminder to refresh your sunscreen throughout the day. Spotmyuv UV Detection Stickers

\$25, spotmyuv.ca

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