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PRACTICE SAFE SUN



CLARINS SUNSCREEN CARE OIL SPRAY SPF 30, \$36, CLARINS.COM

oil-free or noncomedogenic on the label. You could also seek out products with octisalate (also called octyl salicylate), a form of salicylic acid, a well-known acne-fighting ingredient that filters UVB rays too.

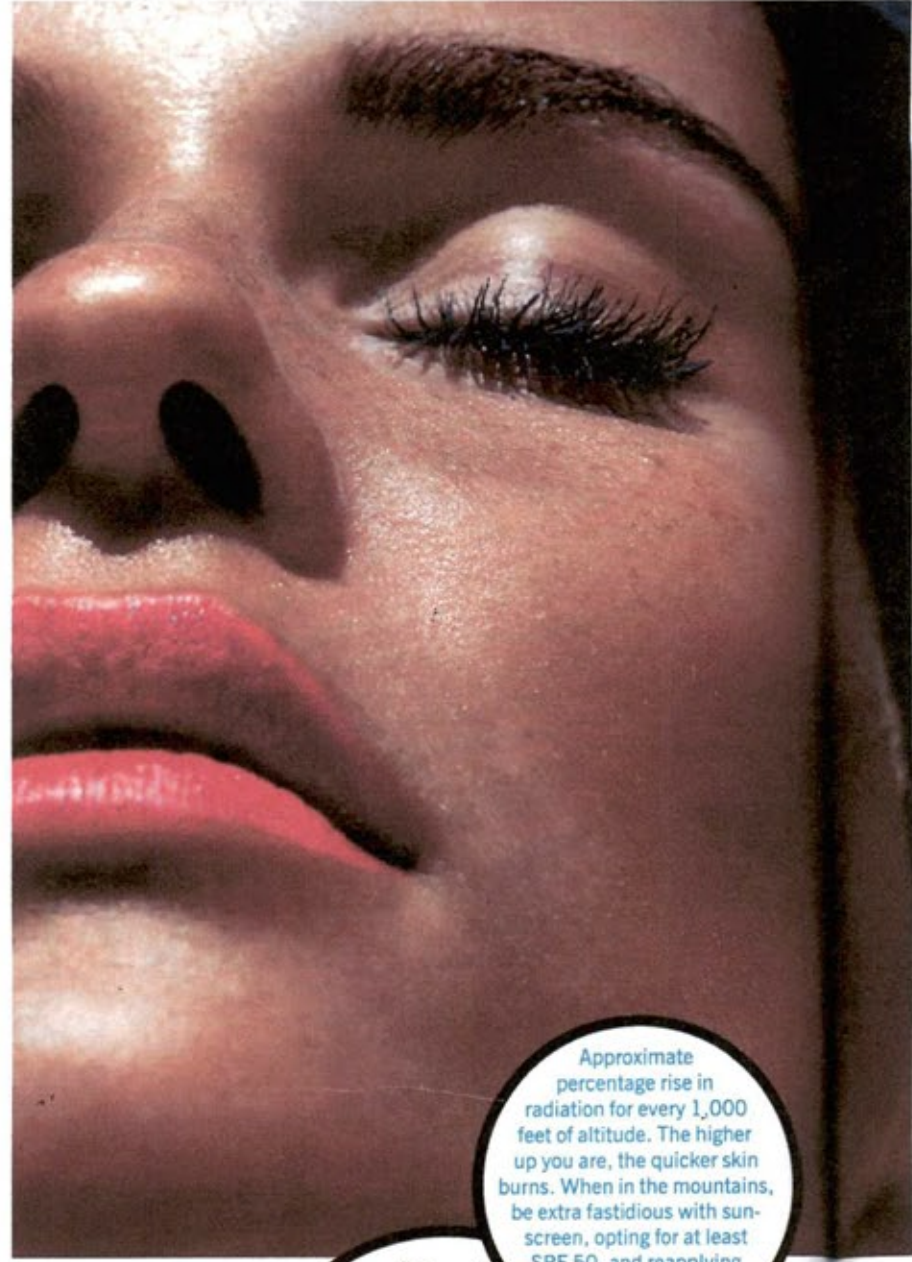
Q Is my beach umbrella doing anything?

That depends. Are you underneath it? Just kidding. An umbrella ensures you have a source of shade on demand, says Elizabeth Hale, MD, a clinical associate professor of dermatology at New York University Langone Medical Center. But the quality of the umbrella matters. Pick one that's opaque, UPF-rated (see Decode Your Label, below), and large enough to shade your entire body. Adds Dr. Nazarian, "Even if you sit under it all day, reapply sunscreen every two hours. UV rays can reach you indirectly by bouncing off sand, concrete, and water." While indirect light is less intense, radiation is radiation.

Q Why does my nose always burn first?

For starters, it sticks out. Protruding areas

get a raw deal because the sun usually hits them first. And noses are generally oilier, so the sunscreen can wear off there sooner, says Dr. Chapas. Other areas that need extra TLC: your hands, feet, ears, lips, and scalp.



Approximate percentage rise in radiation for every 1,000 feet of altitude. The higher up you are, the quicker skin burns. When in the mountains, be extra fastidious with sunscreen, opting for at least SPF 50, and reapplying more frequently than directed.



DECODE YOUR LABEL: **SPF** Sun Protection Factor. A measure of how much solar energy is required to produce a sunburn. It speaks only to protection from UVB rays. / **UVB** Shortwave rays from the sun. If you get a sunburn, these are the primary culprit. The most significant amount of UVB hits the U.S. between 10 a.m. and 4 p.m., April to October. / **UVA** Longwave rays from the sun. They are the main cause of photoaging and also contribute to skin cancer. / **BROAD SPECTRUM** Sunscreen designed to protect against both UVB and UVA rays. Editor's pick: La Roche-Posay Anthelios 60 Melt-In Milk (\$36, ulta.com). / **UPF** Ultraviolet Protection Factor. A

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