

TEND TO
YOURSELF, BODY
AND SOUL

Mom

PARENTING WHEN YOU'RE SICK
A SUPER STROLLER WORKOUT
GIRLFRIEND GETAWAYS

SUN'S OUT AND
SO ARE YOU!
APPLY SPF DAILY
TO STAY SAFE
AND GLOWY.

Protect Your Skin From Mom Life

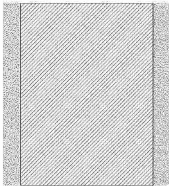
Although you may be great about sunscreen at the pool, most skin damage comes from little bits of sun exposure. Running around all day adds up to hours of UV time, says Elizabeth Hale, M.D., senior VP of The Skin Cancer Foundation. Safeguard your skin with these expert ideas. →

by KATE SANDOVAL BOX

MELANIE ACEVEDO



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MOM—Healthy Beauty



Apply SPF before you even leave the house. Everyone can wear **Baby Bum Mineral Sunscreen Lotion SPF 50** (\$14; babybum.com).



YOU KNOW:
Spending endless hours in the sun isn't healthy.

BUT DID YOU KNOW:
 It takes only ten minutes outside to incur sun damage, says Kristina Goldenberg, M.D., a dermatologist in New York City. That's why it's not worth skipping sunscreen in order to get your vitamin D. It takes very little sunlight for your body to make vitamin D. In fact, studies show that even when we apply sunscreen, we get enough incidental sun exposure to achieve normal levels, Dr. Hale says.

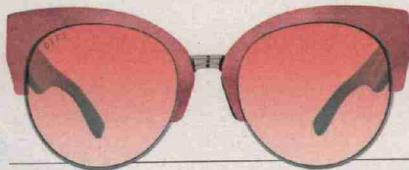
YOU KNOW:
Sunscreen helps prevent skin cancer.

BUT DID YOU KNOW:
 It's also the number-one way to prevent wrinkles. "UVA rays spur hyperpigmentation and break down the collagen in your skin, which causes wrinkles and loose skin," says Dr. Hale. Aim for a broad-spectrum sunscreen that has an SPF of at least 30. The adage "less is more" does not apply here: People tend to miss about 10 percent of their face when they apply sunscreen, according to research from the University of Liverpool. "Put on two coats and be extra aware of your eye area, which is a frequently ignored spot," says Joshua Zeichner, M.D., a dermatologist in New York City. Lips tend to get missed, too, because you can't just slather on the same sunscreen. (Well, you could, if you don't mind the taste!) Keep **Mary Kay Sun Care Lip Protector SPF 15** (\$10; marykay.com) close at hand.



YOU KNOW:
SPF is a must on vacay.

BUT DID YOU KNOW:
 Skipping it on regular days is risky. "I tell my patients to keep their sunscreen by their toothbrush so they'll always remember to use it," Dr. Hale says. If you typically hate the way sunscreen feels and smells, try **Supergoop! Unseen Sunscreen SPF 40** (\$32; supergoop.com). It's oil-free and scentless, and it glides on completely clear.



PUT ON SOME SHADES
 Sooo cute, and you'll help prevent crow's feet. We heart **Diff Sunglasses** (\$85; diffeyewear.com).

SUN PRODUCTS: AARON D'YEE; WOMAN: JOVO JOVANDVIC/ISTOCK; SWIPES FROM TOP: IMAGEHUBS/GETTY; BSIRO/GETTY.

MOM—Healthy Beauty

Apply sunscreen even when it's cloudy or rainy. "As long as it's not pitch black outside, UVA rays can penetrate your skin," says Dr. Zeichner.

YOU KNOW:

A suspicious-looking mole should be seen by a derm.

BUT DID YOU KNOW:

You should schedule that appointment stat. "A couple of months can be the difference between a simple procedure and a devastating diagnosis," Dr. Goldenberg says. "Tell the receptionist that you've found something suspicious to make sure you are seen promptly." In general, have an annual skin check after the age of 30, Dr. Zeichner says. Before then, go every other year.



NO EXCUSES

You can dust a tinted powder sunscreen, like Jane Iredale Powder-Me SPF (\$47; janeiredale.com), right on top of your makeup.

YOU KNOW:

The shade provides some protection.

BUT DID YOU KNOW:

You still need to wear sunscreen no matter where you park yourself. "Even when you're under an umbrella, UV light can bounce off shiny surfaces—water, concrete, a slide on the playground, your iPhone—and back onto you," Dr. Zeichner says. To monitor how much exposure you're getting, L'Oréal has developed a sensor to wear on your fingernail that sends your UV level to an app. **UV Sense** will be widely available next year; for now, you can get it for free at a dermatologist's office (go to laroche-posay.us for participating doctors).



YOU KNOW:

Scary claims about sunscreen ingredients always get circulated.

BUT DID YOU KNOW:

There's no evidence to back them up, Dr. Goldenberg says. However, your skin may be sensitive to products in general. If that's the case, stick with mineral sunscreens, which tend to cause less irritation than chemical ones. Try Babo Botanicals Sheer Zinc SPF 30 (\$22; babobotanicals.com).

YOU KNOW:

Your face is your most exposed body part.

BUT DID YOU KNOW:

Your chest, neck, scalp, and hands are also at risk for sun damage. "I can often tell a patient's age from looking at her neck and chest, since people tend to forget sunscreen there," Dr. Hale says. A recent study published in the *Journal of the American Academy of Dermatology* found that only one third of people applied sunscreen to all exposed skin. Stash Neutrogena Ultra Sheer Body Mist Sunscreen SPF 45 (\$11; drugstores) in your car to spritz on your body, and shield your part line with Banana Boat Simply Protect Baby Sunscreen Stick SPF 50+ (\$5; drugstores).



WOMAN: THAYER ALLYSON GOWDY