

TASTES like SUMMER

30 QUICK, DELICIOUS RECIPES

PLUS top-tested snacks

ALL NUTRITIONIST APPROVED!



EASY WAYS TO LIVE LIGHTER

LOSE WEIGHT
BOOST ENERGY
SLEEP BETTER

CELEB CHEF KATIE LEE

Step inside the Food Network star's cheery, inviting home

KATIE'S GARDEN PESTO PASTA p.120

SNEAK PEEK KITCHEN OF THE FUTURE

YOUR LOOK **sun special**



THE TRUTH ABOUT SUNSCREEN

Hot-button sunscreen news has been making headlines recently. The GH Beauty Lab and top skin doctors cut through the confusion to keep your skin protected (and youthful!) all summer long

by APRIL FRANZINO



burning question DO I REALLY NEED SPF IN THE SHADE?

BEAUTY LAB SAYS: You should never skip sunscreen: A new study found that 78% of people who used only an umbrella on a sunny beach day burned, versus 25% of those who used only SPF, likely because shade doesn't block UV light from all angles. Your best bet is tripling up, says GH Beauty Lab Director Birnur Aral, Ph.D.: "Apply sunscreen, stay in the shade and wear sun-protective clothing and sunglasses."

burning question DO SUNSCREENS CAUSE CANCER?

BEAUTY LAB SAYS: Despite negative rumors about certain sunscreen ingredients (like oxybenzone), "there's no data to suggest that any ingredients in U.S. sunscreens are in amounts that could potentially cause cancer," says Elizabeth K. Hale, M.D., a New York City dermatologist and a senior vice president of the Skin Cancer Foundation. "They are proven safe and effective to prevent skin cancer and premature skin aging with regular use."

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Think of exercise like brushing your teeth—it's simply what you do.

YOUR LOOK **sun special**

HOT TIP Slather SPF all over before you dress to ensure full coverage (and avoid tan lines!).



a second coat "to help cover spots you missed the first time," Dr. Wang suggests.

burning question ARE NATURAL SUNSCREENS BETTER?

BEAUTY LAB SAYS: There is no clear definition of the word "natural" for personal-care products; for sunscreen, the term often refers to one that contains only mineral titanium dioxide and zinc oxide (a.k.a. "physical" SPF) for sun protection. But in fact "there's no such thing as a truly 'natural' sunscreen, because the ingredients need to be treated in chemical processes when added to formulas to prevent harmful reactions," Dr. Wang says. Both chemical and physical sunscreens are proven safe and effective. The Beauty Lab's top-tested mineral SPF: **MDSolar-Sciences Mineral Moisture Defense SPF 50 for Body**, \$39, mdsolarsciences.com.

burning question ARE HIGH SPFS ACTUALLY NECESSARY?

BEAUTY LAB SAYS: There has been talk that as SPF numbers increase, the boost in protection is minimal. But that doesn't mean you should rely only on SPF 15. "Our tests have shown that people apply about one-third the amount of sunscreen necessary to achieve the SPF listed on the label," Aral says. "So we recommend using at least broad-spectrum SPF 50 to compensate." More reason to go high: "SPF 30 filters 96.7% of UV rays, meaning it allows 3.3% to reach skin, while SPF 60 filters 98.3%, allowing 1.7% through," explains Steven Q. Wang, M.D., dermatologist and cofounder of Dr. Wang Herbal Skincare. "So SPF 30 actually lets twice as much UV reach skin as SPF 60."

burning question CAN SPF STAND UP TO WATER AND SWEAT?

BEAUTY LAB SAYS: Only for a certain amount of time. While the FDA used to allow sunscreens to be labeled water- and sweat-proof, regulations now mandate they can be labeled only water- and sweat-resistant (up to 40 or 80 minutes), because no sunscreen can be completely impervious to water and sweat (just as no sunscreen can totally "block" the sun's rays). The label means the formula maintained its SPF level on testers' skin in a water bath for the indicated time, Dr. Wang says; beyond that, it should be reapplied.

burning question IS IT TRUE THAT NOT ALL SUNSCREENS STOP BURNS?

BEAUTY LAB SAYS: You may have seen reports that people burned when using certain sunscreens. But our experts agree: Sunscreens work if used correctly—and you have to reapply at least every two hours. "Sun-screens are very effective at preventing sunburn," Dr. Hale says. "Burns are more likely a reflection of people not using enough sunscreen with a high enough SPF and not reapplying regularly." For the best protection, apply sunscreen liberally on all exposed areas before going outdoors (a shot glass-full for the body, a nickel-size dollop for the face; spread sprays evenly by hand), Aral says. Layer on

BEST OF THE TEST

FACE SUNSCREENS

Specifically designed for your complexion, these formulas topped our Beauty Lab's test for feeling light and looking sheer.

FOR DRY/ SENSITIVE SKIN
AVEENO PROTECT + HYDRATE LOTION SUNSCREEN WITH BROAD SPECTRUM SPF 50 FOR FACE, \$10

FOR OILY/ COMBINATION SKIN
ALGENIST SUBLIME DEFENSE ULTRA LIGHTWEIGHT UV DEFENSE FLUID SPF 50, \$28, SEPHORA

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Keep resistance bands in your travel bag—you'll never forget 'em on the go.

best of the test

BODY SUNSCREEN

Experts agree the best SPF is one you want to use (over and over!). Here, the winning formulas that work—and that you'll love



HOW WE TESTED We evaluated new body sunscreens, measuring 303 consumers' ratings for performance on:

- Effectiveness
- Ease of application
- Feel and look on skin

94/100

LOTIONS WINNER

TOP-TESTED LOTION

Despite its lotion form, lightweight, fragrance-free Kiehl's ranked above the rest for not making skin greasy or sticky and for soaking in quickly.

TESTER NOTES "It didn't feel like sunscreen at all," one said. "No chalky look or sweaty feel—the best I've ever tried," another reported. It had a cooling effect, too.

LAB LOWDOWN Consumer results showed that it effectively protected skin even while testers were by the pool, on the beach, swimming or doing other outdoor exercise.

KIEHL'S ACTIVATED SUN PROTECTOR WATER-LIGHT LOTION FOR FACE & BODY SPF 50, \$29, KIEHL'S.COM

94/100

SPRAYS WINNER

BEST SPRAY

The top mist of the test, sheer Banana Boat earned the highest marks on many fronts: great texture, absorption, not leaving residue or feeling tacky, not rubbing off or staining and rinsing off easily.

TESTER NOTES It went on effortlessly, and its slightly sweet, fruity scent was the favorite. "I'll continue to use this," a tester said.

LAB LOWDOWN Users rated it well for preventing sunburn during a range of outdoor activities.

BANANA BOAT SUNCOMFORT CLEAR ULTRAMIST SUNSCREEN SPF 50, \$8

93/100

RUNNER-UP GENTLE MIST

Powerful sun protection in a mild formula: Coppertone beat the other top sunscreens in not causing stinging or irritation.

TESTER NOTES "It didn't irritate my sensitive skin," one said. "I liked that the fragrance was almost nonexistent," another raved. "My skin felt good all day."

LAB LOWDOWN Users indicated that the mist provided good sun protection, went on easily and had a clear, dry-touch finish.

COPPERTONE CLEARLY SHEER SPRAY SUNSCREEN SPF 50, \$8

92/100

RUNNER-UP SPORT SOLUTION

Perfect for active lifestyles, Neutrogena scored points in several arenas, including going on quickly, not depositing white residue and not staining.

TESTER NOTES Users remarked on how well the fresh-scented spray worked, even "during 10-mile hikes in up to 100°F sunny weather."

LAB LOWDOWN Consumers ranked it among the best for keeping skin safe from the sun.

NEUTROGENA COOLDRY SPORT SUNSCREEN SPRAY BROAD SPECTRUM SPF 50, \$10

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For a faux ice cream, blend frozen bananas, cinnamon and nutmeg.