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7 WAYS TO BURN FAT FASTER

LOVE YOUR

looks

Throw on a wide-brimmed hat to easily and quickly protect your scalp, ears, and neck.



15 Things You Need to Know About Sun Protection

You've got the basics: SPF, Every. Single. Day. Now on to the master class: how to use the latest discoveries to keep your skin safe and healthy.

By **JOLENE EDGAR**

LOVE YOUR LOOKS | Sun Protection Now

SPF sprays are perfectly effective. All sunscreens are held to the same FDA standard, so sprays—wipes, too, for that matter—do provide stand-alone protection. Some companies are even making zinc-based aerosols now. The trick is applying the right amount. I like to hold the nozzle about one inch from my skin, go over each exposed area with three passes, and then rub it all in to ensure I'm adequately covered and haven't missed any spots. Use sprays in the open air so you're not breathing them in.

—David Bank, MD, assistant clinical professor of dermatology at Columbia Presbyterian Medical Center in New York City

SMART PICK: (4) Supergoop Antioxidant-Infused Sunscreen Mist with Vitamin C Broad Spectrum SPF 50 (\$19; sephora.com).

Touch-ups needn't undermine your makeup. SPF powders are widely underused reapplication tools. While I don't recommend them for solo use—it would take a really thick layer to get complete protection from an

SPF powder—a quick dusting can help with midday touch-ups. They're a great backup for lazy girls like me.

—Dr. Geraghty

SMART PICK: (5) Colorescience Sunforgettable Brush On Sunscreen SPF 50 (\$64; colorescience.com).

Speaking of makeup, tinted sunscreens beat SPF foundation. Tinted sunscreens are different and more protective—they tend to be sheer and absorb well, so you can apply a good amount. If you can't find a shade that suits you, blend your own. I'm very fair, so I mix a big dollop of sunscreen with a drop of my foundation and smooth it over my face, neck, and chest. The coverage is really natural-looking but significant enough to hide flaws.

—Joely Kaufman, MD, director of Skin Associates of South Florida

SMART PICK: (6) Elizabeth Arden Prevue City Smart Broad Spectrum SPF 50 (\$68; elizabetharden.com).

High SPFs keep us covered. No one applies enough sunscreen to get the level of

Clear skies allow virtually 100 percent of UV to pass through, scattered clouds transmit 89 percent, broken clouds 73 percent, and overcast skies 31 percent.
—United States Environmental Protection Agency

protection on the bottle. A thin layer of SPF 30 may give a real-life SPF of only 7 to 15. This is a key reason I consider SPF 50+ to be ideal. Even if we fall short, we may still get the protection our skin needs.

—Dr. Geraghty

SMART PICK: (7) Neutrogena Sheer Zinc Sunscreen Lotion SPF 50 (\$12; neutrogena.com).

Umbrellas aren't a substitute for sunscreen.

A new study in the journal *JAMA Dermatology* shows that properly applying a high-SPF sunscreen gives better protection against UV light than sitting under an umbrella. Seventy-eight percent of those relying solely on an umbrella's shade got a sunburn, compared with 25 percent who wore sunscreen. So while neither affords total protection, umbrellas leave us quite exposed, as sunlight reflects off the sand and sea and even the pavement and grass, too.

—Joshua Zeichner, MD, director of cosmetic and clinical research in the department of dermatology at Mount Sinai Hospital in New York City

And baseball caps are not equal to sun hats...

The equivalent of a hand cupped over your eyes, they were designed to prevent glare. They don't shield the sides of your face or throw sufficient shade over your nose and lower face. The best sun hats have a tight weave and a three- to four-inch brim.

—Heidi Waldorf, MD, associate clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai Medical Center in New York City

...just as plain white T-shirts pale next to rash guards.
The average SPF of a white

T-shirt is 7. That number drops to 3 if the shirt gets wet from sweating or swimming. Rash guards and sun-protective gear generally have an ultraviolet protection factor of 50, which means they block 98 percent of UV rays.

—Dr. Downie

No one is immune from skin cancer. (Bob Marley died of melanoma at 36!)

Although skin cancer in skin of color is less common [than in skin of Caucasians], it may be more deadly. A 2016 study published in *Journal of the American Academy of Dermatology* found that African Americans were most likely to be diagnosed with melanoma in its later stages and have worse outcomes and survival rates than other groups as a result.

—Michelle Henry, MD, clinical instructor of dermatology at Weill Cornell Medical College in New York City

Which makes this next stat so concerning.

Sixty-three percent of African Americans in California have never worn sunscreen.

—A 2010 study published in *American Journal of Preventive Medicine*

But it is never too late to start safeguarding your skin.

Even if you spent your early years slicked with baby oil, sun reflector in hand, only about 23 percent of your lifetime sun exposure occurs before your 18th birthday. Age is an ongoing process, and daily sun protection, 365 days a year, is the best way to keep skin healthy and young.

—Elizabeth Hale, MD, clinical associate professor of dermatology at NYU Langone Medical Center and a senior vice president of the Skin Cancer Foundation

