

BEAUTY

HERE COMES THE SUN

No more excuses when it comes to wearing sunscreen! Here are 10 ways to raise your SPF game this summer **By Mishal Cazmi**



1 FIND THE RIGHT SUNSCREEN FOR YOUR SKIN

Makeup with SPF is good, but sunscreens are better. If you loathe their sticky, greasy feel, look for fluids with lightweight liquid textures that offer stealthy sun protection by going on smooth and leaving no telltale signs on the skin. Always scan the label for the recommended SPF 30 and the words, "broad-spectrum protection" to guard against both UVA and UVB rays.

Once you've chosen a sunscreen, test it on the inside of your arm to check for sensitivity and allergies, suggests Dr. Harold Lancer, a dermatologist based in Beverly Hills, Calif., whose celebrity clientele includes Beyoncé and Victoria Beckham. "Depending on how it feels on skin that's delicate, it'll give you an idea of how it'll feel on your face."



Clinique SPF 30 Mineral Sunscreen Fluid for Face, \$34, beautyboutique.ca

Eau Thermale Avène High Protection SPF50+ Ultra-light Mineral Lotion, \$28, beautyboutique.ca



Neutrogena Sheer Zinc Face Mineral Sunscreen SPF 50, \$20, walmart.ca

Live Clean Face Mineral Sunscreen Lotion SPF 45, \$17, shoppersdrugmart.ca

Coppertone Clearly Sheer Face Sunscreen Lotion SPF 50, \$9, walmart.ca

2 KNOW YOUR MINERAL FROM YOUR CHEMICAL

When it comes to choosing between mineral sunscreens (which contain filters that physically block UV rays) or chemical ones (they use filters that absorb the sun's rays), it's a matter of personal preference. Sensitive-skin types should opt for the former, since ingredients like zinc oxide and titanium oxide are gentler on skin and are also a good option if you simply prefer a chemical-free alternative. However, New York City-based dermatologist Dr. Elizabeth Hale prefers sunscreens with a combination of physical and chemical blockers for broad-spectrum protection that's both water-resistant and long-lasting.

3 BLEND SKIN-CARE PRODUCTS INSTEAD OF LAYERING THEM

Not sure whether to apply your sunscreen or your serum and moisturizer first? Instead of layering, Dr. Lancer recommends mixing your serum, moisturizer and sunscreen together, "the way artists mix colours on a palette." The blend will ensure you're not diluting the sunscreen. If you apply sunscreen last, it won't provide adequate sun protection. "Your body temperature will make it slide off your body microscopically," says Dr. Lancer. And if you apply it first, a water-resistant sunscreen will block your skin-care products from penetrating properly.



Alba Botanica Facial Sunscreen Lotion SPF 40, \$10, well.ca

Lancer the Method: Nourish, \$160, sephora.ca

Vichy Idéalia Radiance Booster Serum, \$50, vichy.ca

4 GET YOUR ANTIOXIDANTS FROM SKIN CARE, NOT SUNSCREEN

Though many sunscreens boast antioxidants like vitamins E and C, you're better off sticking to your regular skin care products in order to reap their benefits. "It's hard to get an active antioxidant sunscreen blend that's stable," says Dr. Lancer. Instead, look for antioxidant-rich serums, which will be more potent and effective.



Dr. Roebuck's Reverse Aging Serum, \$80, at Holt Renfrew, holtrenfrew.com

La Prairie White Caviar Illuminating Pearl Infusion, \$680, at Holt Renfrew

5 LEAVE YOUR RETINOLS FOR NIGHTTIME

If you use retinols, save them for the evening. "For the most part, active ingredients work better at night," explains Dr. Lancer. "It has to do with body chemistry called cortisol and the hormonal spikes that occur around 3 a.m." Dr. Hale agrees, adding that not only do retinols make skin more sensitive to the sun and become less effective, "most people are using [them] to help with pigmentation, sun spots, aging ... and if you're getting sun on top of it, you could potentially be making things worse."



Dermalogica Overnight Retinol Repair 1%, \$134, dermalogica.ca

CeraVe Skin Renewing Cream Serum, \$24, shoppersdrugmart.ca



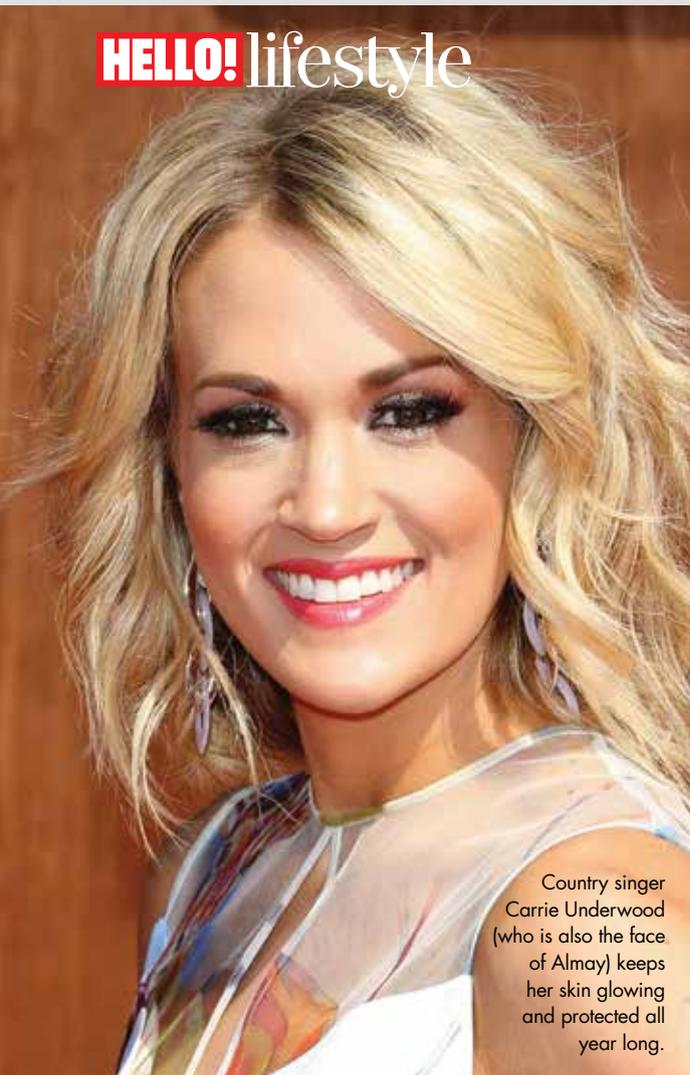
Clé de Peau Beauté UV Protective Cream Tinted SPF 50+, \$120, holtrenfrew.com

Sun Bum Face Cream SPF 50, \$13, shoppersdrugmart.ca

Ombrelle Ultra Light Advanced 100% Mineral Tinted Face Lotion With SPF 60, \$18, shoppersdrugmart.ca

6 CHOOSE A MULTITASKING BASE

An easy way to avoid pilling is to choose a sunscreen that doubles as a moisturizer (look for cream formulas) or a sunscreen that doubles as makeup. A tinted formula will even out your skin tone, add radiance and provide sun protection. If pilling is still an issue, it may be time to invest in some new products. "If you use a poor quality sunscreen and you put on poor quality cosmetics, they're both going to dry each other out," says Dr. Lancer. "The emollients or humectants in them are low-grade and dissipate quickly so they evaporate." ▶



Country singer Carrie Underwood (who is also the face of Almay) keeps her skin glowing and protected all year long.



Eminence Sun Defense Minerals Brush, \$58, thefacialroom.ca

Bioderma Photoderm Compact SPF 50+, \$30, shoppersdrugmart.ca

7 LEARN AN EASY WAY TO TOUCHUP

We all have the best of intentions, but reapplying sunscreen – especially where our faces are concerned – just isn't one of our strong suits. Since no one wants to slather sunscreen on top of makeup, use a mineral powder or compact to safeguard skin against the sun. It won't disrupt your makeup, and it will give you added SPF protection before you venture outdoors for lunch or an afternoon coffee run.



MyChelle Dermaceuticals Sun Shield Clear Stick SPF 50, \$17, beautyboutique.ca

Phytoplage Protective Sun Veil, \$29, phyto-canada.ca

EOS Active Protection SPF 30 Lip Balm, \$4, evolutionofsmooth.com

8 DON'T NEGLECT OTHERS AREAS OF YOUR FACE AND BODY

"The biggest mistake women make is to forget that complexion is from head to toe. It's not from the jawline up," says Dr. Lancer. "The chest and back of the hands really show signs of a woman's age," adds Dr. Hale. Those areas are exposed every day, not just when you're lounging poolside or by the beach. And don't forget about the scalp. "Some of the worst skin cancers are on the scalp," says Dr. Lancer. Look for styling products with UV filters to protect against sunrays. That being said, your best line of defence is a hat – so put on your floppiest, most wide-brimmed chapeau!

La Roche-Posay Anthelios Ultra-Fluid Lotion SPF 50 for Body, \$36, shoppersdrugmart.ca



Shiseido Sports BB SPF 50, \$48, thebay.com



10 AVOID A VACATION TAN

As much as you might like the idea of returning from your beach vacation with bronzed, golden limbs, basking under the sun for hours isn't doing your skin any favours. In fact, it can even be fatal. "The whole concept of lying out and trying to get tanned is asking for skin cancer and premature aging of your skin," says Dr. Hale, comparing it to indoor tanning salons. "Because your body is covered otherwise and then you go fry yourself in areas that have never been exposed, it's more dangerous than getting low-level sun every day." Instead of baking, use a self-tanner or a bronzer to achieve a faux glow (we promise, no one will ever know).

St. Tropez Self Tan Express Advanced Bronzing Mist, \$50, at Hudson's Bay, thebay.com



Almay Healthy Glow Makeup + Gradual Self Tan, \$18, walmart.ca

St. Tropez Self Tan Express Advanced Bronzing Mousse, \$54, at Hudson's Bay

9 FLY WITH YOUR PASSPORT AND YOUR SUNSCREEN

You may have remembered to pack sunscreen with your toiletries but did you apply it before you boarded your flight? "You should use sunscreen when you're flying because light comes through the windows and transmits UVA," says Dr. Lancer. This rule especially applies if you're inclined to choose a window seat.