

# ENTERTAIN

JUNE/JULY

DOJA  
CAT

UNEDITED  
UNPREDICTABLE  
UNSTOPPABLE

## Beauty

**W**e're well-conditioned to load up on sunscreen in the summer. But UV rays aren't skin's only warm-weather threat. Spending more time outdoors also means increased exposure to pollution, which is packed with skin-aging free radicals. How can we shield our skin? Enter a new crop of face mists.

Some antipollution mists work by blocking pollution particles in the air. **Orveda Respire Breathable Mist Beauty Shield** (\$85; [orveda.com](http://orveda.com)) uses algae extract to prevent these particles from adhering to the skin, while **Embryolisse Active Water** (\$25; [us.embryolisse.com](http://us.embryolisse.com)) is enriched with negative ions that are purported to repel them. "There is data to suggest that negative ions can neutralize pollution particles," says Blair Murphy-Rose, MD, a New York City dermatologist, but she adds that the exact amount hasn't been clinically quantified. So while using a mist can help cut down on particle accumulation, washing your face each night is still key to ensure you've thoroughly removed the day's environmental grime.

A second set of mists work by fighting free radicals in pollution particles (refresher: Free radicals are unbalanced electrons that seek to pair with electrons in skin cells, damaging collagen in the process). "When I formulated our mist, I chose a blend of plant stem cells...[that] are ideal pollution fighters because they neutralize free radicals and maximize the skin's defense systems," says Gary Goldfaden, MD, of his brand's **Mist RX** (\$48;

JUST ADD  
WATER

Can a spray a day keep pollution at bay?  
A look at the *new protective skin mists*.

[goldfadenmd.com](http://goldfadenmd.com)). Other antioxidant sprays: **Dr. Koo Private Practice Hyaluronic Hydration Mist** (\$75; [drkooskincare.com](http://drkooskincare.com)), **Gucci Brume De Beauté Beauty Mist** (\$76; [sephora.com](http://sephora.com)), and **Byroe Hibiscus Tea Glow Mist** (\$63; [byroe.com](http://byroe.com)).

Unlike antioxidant serums, which are typically applied to clean skin once a day, antioxidant-rich mists are convenient (and refreshing) to reapply throughout the day—even over makeup or sunscreen. In addition to added pollution protection, most also boost hydration and impart a dewy glow. But as refreshing as a mist may be, it is not a replacement for an antioxidant serum and should be seen as supplementary protection, says Anthony Rossi, MD, a dermatologic surgeon at New York's Memorial Sloan Kettering Cancer Center. "I think of a spritz as a bonus to your serum and sunscreen." —GENEVIEVE MONSMA

HAIR: BRUNO MAGLI; MAKEUP: JESSICA WILSON

The image shows the top portion of an ELLE magazine cover. The word "ELLE" is printed in large, white, serif capital letters across the top. Below the letters, a woman with dark hair and bangs is looking upwards. The magazine title "ELLE" is partially obscured by the woman's hair. The background of the cover is dark. The text "JUNE / JULY" is visible in the bottom left corner of the magazine cover area.

# ELLE

JUNE / JULY

goldfadenmd.com). Other antioxidant sprays: **Dr. Koo Private Practice Hyaluronic Hydration Mist** (\$75; drkooskincare.com), **Gucci Brume De Beauté Beauty Mist** (\$76; sephora.com), and **Byroe Hibiscus Tea Glow Mist** (\$63; byroe.com).

Unlike antioxidant serums, which are typically applied to clean skin once a day, antioxidant-rich mists are convenient (and refreshing) to reapply throughout the day—even over makeup or sunscreen. In addition to added pollution protection, most also boost hydration and impart a dewy glow. But as refreshing as a mist may be, it is not a replacement for an antioxidant serum and should be seen as supplementary protection, says Anthony Rossi, MD, a dermatologic surgeon at New York's Memorial Sloan Kettering Cancer Center. "I think of a spritz as a bonus to your serum and sunscreen." — GENEVIEVE MONSMA