

the beauty expert

allure

*21 Amazing
(Awesome,
Surprising)
Skin Tips*

*Wellness
Goes WILD*

*Gemma
CHAN*

*& the
substance
of STYLE*

*Can
Beauty
Save the
Planet?*

GREAT *wide* OPEN

Sun, Blocked?

There are few unimpeachable truths: The earth is round. Drinking water will make you feel better. And three people a day will tell you that sunscreen is the most important part of a beauty routine. Skip it, and you will regret it when the wrinkles—or cancers—come for you.

This last truth attracted a frenzied second look after a 2016 study, led by Richard Weller, a researcher and dermatologist at the University of Edinburgh, questioned whether sunscreen application is preventing vitamin D from reaching us. Weller suggested that “sun avoidance may carry more of a cost than benefit for overall good health.”

So should you skip sunscreen? Absolutely not, says David Leffell, a professor of dermatology and surgery at Yale School of Medicine. “People should not rely on the sun for vitamin D—there might be a limit on how much your skin can produce—and should be taking vitamin D supplements if needed.”

Of course, there are positive effects to basking under that yellow orb besides boosting vitamin D. “Sunlight can influence mood, through its effect on hormones, such as serotonin and melatonin, that affect the circadian rhythm,” Leffell says. But you can get those benefits without damaging your skin. The American Academy of Dermatology recommends daily application of SPF 30 or above both to protect against sunlight that can cause aging, says Leffell, and to avoid preventable burns, the latter of which is “directly responsible for skin cancer.”

Apply sunscreen 15 minutes before going out, every two hours after that, and anytime you get in the water. Four formulas we recommend:

Serum: Coola Full Spectrum 360° Sun Silk Drops SPF 30

This sunscreen feels and acts like a primer for skin and makes adding SPF to your everyday routine seamless and grease-free, even if your plan is just to walk from your car to the door.

Lotion: Coppertone Pure & Simple Sunscreen Lotion SPF 50

For sensitive skin, this zinc-oxide-based formula uses calming sea kelp and lotus extracts. Read: Slather it all over without worrying about irritation.

Stick: Shiseido Clear Stick UV Protector WetForce SPF 50+

This sunscreen has a ChapStick-style dispenser and is water-resistant (though don't skimp on reapplications).

Spray: Soleil Toujours Extrême Face + Scalp Sport Sunscreen Mist SPF 50

A soothing face mist with sunscreen. This blend protects and calms your face and scalp (a prime spot for burns) without making you sippy.