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THE BEAUTY EXPERT

MAY 2007

**SPECIAL ISSUE**

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***Lindsay  
Lohan***

**"I Was a Bit...Irresponsible"**



# Sun Upmanship

Our mother wasn't nearly as doting as these products. Some of the best contain powerful new ingredients to dodge the threat of UVA rays (and wrinkles and blotches); several add antioxidants to bolster the skin against the next assault. —BROOKE LE POER TRENCH

(Continued from page 174)

"most blue-eyed redheads consider themselves type II's"—able to tan a bit—"when they're really type I's." (A recent forecast from the Oxford Hair Foundation estimated that redheads might be extinct by the year 2100, and one can only hope it will not be because they've literally burned themselves out.)

To settle the confusion, add a dermatologist to your list of annual appointments (or semiannual for those with very fair skin or a family history of melanoma), and you will have not only a baseline exam against which to compare any future damage, but also a chance to catch any potential skin cancers early on. "You see the dentist twice a year," Leffell points out, "and who ever died from a cavity?" Even those with more resistant skin types who are less at risk for cancer may still have reason to address the sun's cosmetic effects, such as splotchiness, DeLeo says.

He acknowledges that the fear of a dressing-down (while undressed, no less!) keeps many tanned potential patients from scheduling the inspection. In which case, he says, "just make the appointment. We'll warn you—that's our job, the way other doctors tell you not to drink too much and not to get fat—but if a dermatologist makes you feel too guilty, switch to a new one."

## #6

### TAKE A SUN CHECK

Yes, every cloud has a silver lining—but not an SPF lining. A cloudy day is no guarantee of UV protection, says Dana Sachs, associate professor of dermatology at the University of Michigan. "Patients come in with severe sunburns that they got on overcast days, when they least expect it." She adds that, on cloudy days, when there's enough glare to require sunglasses, you certainly need sunscreen, too.

Be aware of the UV Index, a scale from 1 to 11+ that indicates the intensity of solar radiation; Leffell suggests making it part of your Google News home page. (Or, sign up for email alerts for your area—with the option of receiving them daily or only when caution is warranted—visit [epa.gov/sunwise](http://epa.gov/sunwise).) "It's the same way (continued on page 185)



**MD Skincare Powerful Sun Protection SPF 30** packets contain lycopene, vitamins A, C, and E, and iron-binding compounds "to combat free radicals" and protect "on all fronts," says Eric Bernstein, clinical associate professor of dermatology at the University of Pennsylvania.



▲ **Shiseido Sun Protection Eye Cream SPF 32** As a bonus, "the licorice extract might help to lighten dark circles, too," says Nicholas J. Lowe, clinical professor of dermatology at UCLA School of Medicine.

▶ **Clinique Continuous Rescue Antioxidant Moisturizer** delivers ferulic acid and turmeric root extract to help maintain skin cells' resiliency. It isn't a substitute for sunscreen.



**DDF Enhancing Sun Protection SPF 30** contains titanium dioxide; anti-inflammatories such as chamomile to calm skin and minimize redness; and green tea, a "good antioxidant," Lowe says. "It may leave white streaks on darker skin as it wears off."

▶ **Skin Effects by Jeffrey Dover Sunscreen Lotion SPF 60**, with vitamins A, C, and E, "will block burning UVB rays for an extended period," Lowe says. But "reapply often to maintain UVA protection."

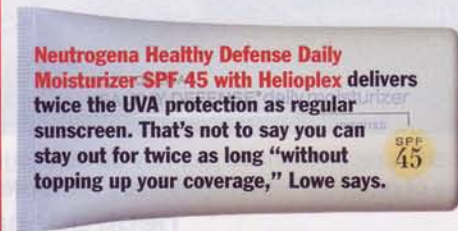
**Hawaiian Tropic Oil Free Faces Sunscreen SPF 30** is made with lower amounts of chemicals than similar products. "As for whether we should worry about putting chemicals on our skin," Bernstein says, "the alternative is much worse."

▲ **Freeze 24-7 Ice Shield Facial Cleanser with Sunscreen SPF 15** (endorsed by the Skin Cancer Foundation) deposits sunscreen on the skin as you wash. To maintain lasting coverage, apply lotion, too.



◀ **Lancôme UV Expert 20 Face and Body Cream** blocks both UVA and UVB rays with the active ingredient Mexoryl SX, which doesn't degrade as quickly as most compounds. "This is a very good daily product," Lowe says.

**Prescribed Solutions Up the Anti Full Spectrum Sunblock SPF 30** shields with micronized titanium oxide and provides a subtle tint. It's available through select dermatologists (see [prescribedsolutions.com](http://prescribedsolutions.com)).



**Neutrogena Healthy Defense Daily Moisturizer SPF 45 with Helioplex** delivers twice the UVA protection as regular sunscreen. That's not to say you can stay out for twice as long "without topping up your coverage," Lowe says.



JEREMY NELSON (1,2); ROGER CABELLO (1)