

# Keep your skin looking flawless

## ✓ Choose the best sunscreen

The sun protection factor, or SPF, is a number based on the amount of UV radiation that turns skin red. For most people, dermatologists say an SPF of 15 to 20 will do, but if you burn easily, try a product with a higher SPF.

Experts say that price isn't an issue—just pick products with ingredients like Parsol 1789 or avobenzone, oxybenzone and methoxycinnamate, that offer broad-spectrum coverage.

## ✓ Apply it right!

What's the biggest mistake on the beach? "Not applying sun protection products correctly," asserts Dr. Michele Green, a dermatologist in NYC. Sunscreen, she says, needs to be applied 30 minutes before sun exposure. And don't skimp—use a handful every time.

If you're not active, it's best to reapply protection every

two hours; but if you perspire heavily, reapply every forty minutes. And, warns Green, don't be fooled by any "water-proof" sunscreens—reapply.

## ✓ Avoid these damaging combos

Chemical reactions between the sun and some perfumes and medications can make a day at the beach not so pretty.



**Retin A**

Can cause skin to burn very easily and twice as fast



**Diuretics**

Can cause a rash or itchy bumps on exposed areas



**Fragrance**

Can cause a burn or blotches; especially musk or lime



**Tetracycline**

Can increase sun sensitivity, resulting in severe burn

## Reverse the effects of the sun

The following gentle, AM/PM routine can prevent and reverse sun damage, says LA dermatologist Harold Lancer:

### Every morning

**Step 1** Start with a teaspoon of a non-alkaline soap and massage with fingertips into your face. Avoid scrubbing it into your skin.

**TO TRY** Cetaphil Gentle Skin Cleanser or Clairol Herbal Essences Foaming Face Wash

**Step 2** Pat dry and apply a water-based moisturizer with an SPF of 15 to protect your skin from sun damage and dehydration.

**TO TRY** Clarins After-Sun Moisture Supplement or Eucerin SPF 25 Facial Moisturizer

**Step 3** Before you dress, apply a good sunscreen to your chest and neck as well. These areas are often neglected.

**TO TRY** Body & Bath Works Moisturizing SPF 15 Body Lotion or Nivea Visage Q10

### Every evening

**Ritual 1** **Fight brown spots and fine wrinkles** with a daily application of Retin-A, available by prescription. After washing with your regular soap, let your skin dry for 10 to 15 minutes. Then apply Retin-A as necessary, taking special care to avoid eyes.

**Ritual 2** **Restore elasticity and rebuild collagen to sun-slackened skin** with alpha hydroxy acid products. After gently cleansing skin, smooth in an AHA cream or lotion and follow with a moisturizer as needed.

**TO TRY** Ponds Age Defying Complex, Neutrogena Healthy Skin and ROC ChronoBlock

Photos: (celebrities, from top left) Fitzroy, Barrett/Globe Photos; Steve Granitz/Retna Ltd.; Lisa Rose/Globe Photos; Evan Agostini/The Liaison Agency Network; Illustrations: Teri J. McDermott/Custom Medical Stock Photo; Text: Illene Raymond