

BEAUTY101

Sunscreen

Five steps to protect yourself from head

to toe. By Hannah Morrill

Summer used to be so simple: You stuffed a towel, a paperback, and a bottle of suntan lotion in your bike basket and rode off to the beach. Now, it's much more complicated. For starters, the SPF sunscreen-rating system accounts only for sunburn-causing UVB rays, not the UVA rays that are mostly responsible for wrinkles and skin cancer. To guard yourself against those, you have to look for the words "broad-spectrum" or "UVA/UVB protection" on the bottle. Another misconception: "People are usually shocked to find out how much sunscreen they're actually supposed to wear," says Doris Day, a New York City dermatologist. "You need a teaspoon on your face and about a shot glass's worth on your body. If you're doing it right, one bottle shouldn't last very long." Equally important is to select a sunscreen with SPF 30 or above, apply it 30 minutes before heading outside so that it has time to absorb fully, and be diligent about reapplying every two hours that you're outdoors.

Nylon Lycra bikini by Elizabeth Southwood for Sauvage Swimwear. Makeup color: High Impact Lip Colour in Honey Blush by Clinique. These pages: Makeup, Berta Camal; hair, Bradley Irion; manicure, Lisa Logan. Details, see Credits page.

TUNE IN Watch our summer how-to videos on applying bronzer and more at allure.com/video.



COVER FACE

1 Squeeze a teaspoon of sunscreen in one hand, then dot it on your forehead, nose, cheeks, and chin. Blend the lotion out to your hairline, jaw, and ears and down your neck. Gently pat the sunscreen around your eyes.



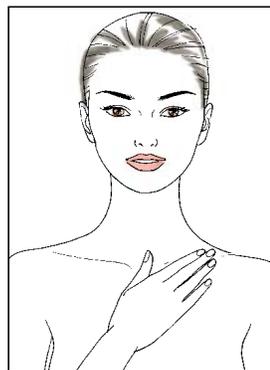
MEASURE

2 Fill an ounce-and-a-half-size standard shot glass with sunscreen to see exactly how much you should use on your body. Disrobe before applying—it's easier to ensure even coverage if you aren't wearing your swimsuit.



COAT BODY

3 Dip into the glass and slather the sunscreen generously all over your body, working from your neck down to your feet, until the glass is empty. Don't forget to apply to your underarms and the backs of your ears, neck, and knees.



SPOT-CHECK

4 Add another layer of sunscreen on vulnerable areas, including your nose, ears, chest, shoulders, tops of feet, and backs of hands and neck. Dab the lotion on your scalp along the part; apply a waxy lip balm with SPF 15 or higher.



REAPPLY

5 For every two hours that you're outside, reapply with a continuous-spray sunscreen—unlike a lotion, it doesn't need to be rubbed in and dries almost instantly. Make sure to swipe on your SPF lip balm often.

For Face

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Cheat Sheet

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Tricks of the Trade

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For Body

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Cheat Sheet

- 1 Squeeze a teaspoon of sunscreen into your hand** and dab it on your forehead, nose, cheeks, and chin, blending the lotion toward your hairline, down your neck, and on your ears. Gently pat what's left around your eyes—or, if you have sensitive skin, apply an eye cream with SPF 30 instead.
- 2 Apply sunscreen to your body when you're naked** to be sure you cover every inch. First measure out the lotion in a shot glass to get the proper amount.
- 3 Coat your skin thoroughly with sunscreen from your neck to your toes** until you've used up all the lotion in the glass. Be sure not to miss your underarms or the backs of your ears, neck, and knees.
- 4 Rub a second layer of sunscreen on the spots that are most susceptible to sun damage**—this includes your nose, ears, chest, and shoulders; the tops of your feet; and the backs of your hands and neck. Pat a bit of lotion along the part of your hair (hair products with sunscreen aren't strong enough). Coat your lips with an SPF 15 or higher waxy lip balm. (Shiny formulas can actually attract the sun's rays.)
- 5 Pack a continuous-spray sunscreen in your bag** and mist it all over your face and body every two hours that you're outdoors, or after 30 minutes in the water. Reapply your SPF lip balm often.

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For Body

- **Oily skin:** If you get acne on your back—or anywhere else—use an oil-free sunscreen. **Ocean Potion Sport Sunblock SPF 50** and **Murad Oil-Free Sunblock SPF 30** both contain antioxidants (opotion.com; murad.com).
- **Dry skin:** Hydrate with **Lancôme Soleil Ultra Sun Care SPF 50**, which has vitamin E, or **Kiss My Face Oat Protein Sunscreen SPF 30**—the oat protein is soothing (lancome-usa.com; kissmyface.com).
- **Sensitive skin:** A chemical-free sunscreen is best. Choose one that has antioxidants, such as **L'Occitane Buriti Sunscreen Cream SPF 30** (loccitane.com).
- **For reapplying during the day:** A continuous-spray sunscreen covers the body evenly and easily. **Aveeno Positively Ageless SPF 50 Sunblock Spray**, which has Active Photobarrier Complex, and **Peter Thomas Roth Continuous Sunscreen Mist SPF 30** both have vitamin E (aveeno.com; peterthomasroth.com).
- **To touch up small areas** like the ears and nose, try **Hawaiian Tropic Ozone Sunscreen Stick SPF 50**, which has vitamins C and E (hawaiiantropic.com).
- **To help you remember to reapply sunscreen**, try the **UV SunSense Wristband**. It changes color to signal when it's time to reapply and alerts you when you've gotten the maximum level of sun exposure for the day (UV SunSense, amazon.com).

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For Face

- Some UVA shields, like Mexoryl, Helioplex, and Active Photobarrier Complex, don't break down in the sun easily; a strong antioxidant, such as green tea, pomegranate, or vitamin C or E, minimizes damage.
- **Oily skin:** Choose an oil-free sunscreen labeled “noncomedogenic,” such as **Neutrogena Dry-Touch Sunblock SPF 55 (1)**, which contains Helioplex, or **Clinique SPF 50 Face Cream (4)** (neutrogena.com; clinique.com).
- **Sensitive skin:** Chemical-free sunscreens are less likely to irritate skin. Try **Burt's Bees Chemical-Free SPF 30 (2)** or **Blue Lizard for Sensitive Skin SPF 30** (burtsbees.com; Blue Lizard, crownlaboratories.com).
- **Dry skin:** Try **Coppertone NutraShield Faces SPF 70+ (3)** with vitamin E or **MD Skincare SPF 45 Sunscreen** with glycerin (coppertone.com; mdskinicare.com).
- **Off the beach:** When you're not going outside for long periods, wear a moisturizer with SPF, such as **Cetaphil UVA/UVB SPF 50 Moisturizer** or **Bioré Dual Fusion Moisturizer + SPF 30 (5)** (cetaphil.com; biore.com).
- **Eyes:** For a gentle eye cream with SPF, try **Shiseido Sun Protection Eye Cream SPF 32** (us.shiseido.com).
- **Lips:** Always wear a lip balm with sunscreen. We like **Banana Boat Sport SPF 50 Lip Balm** (bananaboat.com).

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Tricks of the Trade

- **SPF numbers are somewhat misleading**—for example, an SPF 30 sunscreen blocks only 3 percent more UVB rays than an SPF 15 formula. Don't assume that wearing a sunscreen with high SPF means you don't need to wear as much or reapply as often—the same rules hold true no matter what the number.
- **Slather each handful of sunscreen directly on your body**—don't rub it in your palms first. “Otherwise, too much of it stays on your hands,” says Day.
- **If you find it difficult to apply a sunscreen lotion to your back, use a continuous-spray one instead**—it works even when you hold the bottle upside down.
- **Don't rely on a foundation with SPF**—experts estimate it would take seven times the amount that you ordinarily apply to reach the level of SPF on the label.
- **Water-resistant sunscreens vary in how long they protect you**—usually between 40 and 80 minutes in the water. To be safe, reapply after swimming.
- **Look for sunglasses labeled “UV 400.”** They offer the highest level of protection against UVA and UVB rays. And choose a large pair for maximum coverage.
- **A recent study suggests that when added to sunscreen, caffeine may destroy melanoma-causing cells.** You can find it in **Prescriptives All Weather Friend UVA/UVB SPF 40** (prescriptives.com).

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