



# SAVVY SUNCARE

*We may not all be heading for the beach this year, but protecting our skin is still a daily essential. Here's our guide on how to stay safe in the sun*

**C**hances are the word "sunscreen" makes you think of gloopy creams that leave your skin chalk-white and act like glue for sand. Well, that's all in the past; your SPF has had a makeover and these days features the same savvy technology as skincare, with advanced formulas, anti-ageing ingredients and luxe finishes.

While we may not be travelling to sun-kissed locations right now, we still need to think about protecting our skin from the sun.

"Always remember that sunscreen is only one part of your defence against sunlight," says consultant dermatologist Dr Anjali Mahato. "Wearing a hat, sunglasses, seeking shade and protective clothing remain part of your armoury in terms of reducing sun damage and reducing the risk of both skin cancer and skin ageing."

"A tan is a sign that damage has occurred to skin cells, which over time can increase the risk of skin cancer. It is always safer to tan from a bottle."

Lockdown has meant we've all been staying indoors more, but as it eases, time outside is more important than ever, providing fresh air, a burst of vitamin D and a chance to meet up with friends and family. Here's how to play it safe as summer hits...

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## An SPF glossary

### TERM: BROAD SPECTRUM

**What is it?** "A broad-spectrum sunscreen offers protection against both UVA and UVB radiation," says Anjali. "The SPF value is only a marker of UVB protection and, ideally, a sunscreen needs cover against UVA as well."

**Try:** Bondi Sands Sunscreen Lotion for Face SPF50+, £6.99 (from feelunique.com), which is high factor and a dream to blend.



### TERM: CHEMICAL vs PHYSICAL SUNSCREENS

**What is it?** "Chemical sunscreens work like a sponge, absorbing the sun's rays, whereas physical sunscreens work like a shield, sitting on the skin's surface and deflecting the rays," says Dr Justine Kluk of Garnier UK.

"Chemical formulations tend to be easier to rub in without leaving a white residue. Physical equivalents contain zinc oxide and titanium dioxide and are great if you have very sensitive skin."

**Try:** Supergoop! Unseen Sunscreen SPF30, £15 (from cultbeauty.co.uk) or Medik8 Physical Sunscreen Anti-Pollution Broad Spectrum SPF30, £36; visit medik8.com.



### TERM: REEF FRIENDLY

**What is it?** Research shows that some sunscreen filters and ingredients, such as oxybenzone and octinoxate, are capable of damaging the world's coral, says The Reef-World Foundation.

French skincare brand Caudalie have stepped up with a range of sunscreens without these ingredients, making them good for the skin and good for the marine environment. Ren and Drunk Elephant are other brands to turn to if you're planet conscious.

**Try:** Caudalie Milky Sun Spray SPF50, £10.50, from cultbeauty.co.uk.



### TERM: WATERPROOF/WATER RESISTANT

**What is it?** "Water washes sunscreen off so it isn't as effective when you get out of the sea as when you got in. Use water-resistant sunscreen if it's likely you'll sweat or have contact with water," says Dr Justine. Water also reflects UV rays, increasing your exposure, she adds. "But regardless of whether a sunscreen is water-resistant or claims to be waterproof, your safest bet is to reapply as soon as you've towelled off."

**Try:** La Roche-Posay Anthelios Hydrating Lotion SPF30, £22; visit laroche-posay.com. Water-resistant, but reapply generously.



### TERM: HYPOALLERGENIC

**What is it?** "If you have sensitive skin or a background of inflammatory skin diseases such as rosacea, psoriasis and eczema, you'll benefit from hypoallergenic formulas with minimal ingredients," says Anjali.

**Try:** Avène Mineral Fluid SPF50+, £17.50 (from lookfantastic.co.uk), containing thermal spring water to cool and calm skin, or Green People's wonderful range of scent-free sun lotion including Organic Children Scent Free Sun Lotion SPF30, £20; visit greenpeople.com.



## SOS STRANDS

L'Oréal Professionnel Serie Expert Solar Sublime spray, £16 (from gorgousshop.com), is a lightweight spray loaded with aloe vera and nourishing ingredients to provide your hair with a protective veil from damaging UV rays. Keep a bottle in your summer basket for top-ups on the go.



## STAY SMART IN THE SUN

Dr Justine Kluk, consultant dermatologist on behalf of Garnier UK, shares her top four tips

**1** "Apply sunscreen 15-30 minutes before exposure and then again shortly after heading outdoors to cover any missed patches and to make sure you're wearing a sufficient layer."

**2** "Your sunscreen should be topped up every two hours or sooner if you've been swimming or towelling off. You need six full teaspoons for your whole body if you're in a swimsuit. If you're in the city, apply SPF to exposed skin as the last step in your skincare routine, before you put on your make-up."

**3** "Many of us don't want to start from scratch and remove our make-up every couple of hours for a top-up, so sunscreen mists or sprays, such as Garnier Ambre Solaire Sensitive Advanced Hydrating Face Protection Mist SPF50 (£6, from boots.com) are a great option for this purpose. They should be sprayed generously and evenly over your make-up."

**4** "Take extra precautions or head indoors between 11am and 3pm, when the sun is directly overhead. Remember that no sunscreen gives 100% protection, so seeking the shade and wearing protective clothing, sunglasses and hats should also be considered."



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