

# The ultimate guide to SUMMER SKIN

by GRACE TIMOTHY

FROM SUNSCREEN TO SELF-TANS  
(AND EVERYTHING IN BETWEEN),  
HERE'S WHAT YOU NEED TO KNOW

Summer skin, in an ideal world, is the best. It's Bella Hadid breezing down the Topshop S/S16 runway, Rihanna on the beach in Barbados – glowing, strong and healthy. IRL? Often it's redness, sunburn, blocked pores and heat rash. There's the risk of premature ageing, the blotch-making cocktail of greasy sunblock and sweat and, worst of all, the very real risk of skin cancer (melanoma is the second most common cancer in those aged 15 to 34 in the UK). But all you need to nail that carefree, radiant look is the right kit to protect your skin, give you a warm glow AND make sure white streaks are a thing of the past.

## Applying your block

"Be careful not to over-rub lotion," says Clare O'Connor, Boots suncare expert. "If it starts to ball up, you've rubbed too hard, so remove residue and apply a new layer more gently." And make sure you apply the correct amount – NICE guidelines say six to eight teaspoons for the whole body. Go below this and your protection level actually drops. "When you're inside for most of the day, you're fine to apply once," says Dr Mervyn Patterson, cosmetic dermatologist. "But on holiday in direct sun, apply to clean, dry skin at least half an hour before going out, and again just before going out. Reapply every two hours."

## Safety first

Between March and October, you should limit your exposure to the sun between the hours of 11am and 3pm – stay in the shade, wear a hat and sunglasses, and layer up on SPF. High but intermittent exposure to the sun increases your risk of skin cancer, so sunbathing throughout your summer vacay is a no-no. "We all have a choice, but remember we only get one skin," says Dr Patterson. "A tan is a sign of damaged, distressed skin, and up goes the risk of looking a lot older than we need to and having skin cancer later in life." There is no healthy way to tan naturally, end of.

## But what about vitamin D?

"For most skin types, sunscreens don't weaken vitamin D production into the skin," says Dr Olivier Doucet, vice-president of Lancaster research and development. But, says Dr Patterson, everyone should still consider supplements to ensure you're getting enough, especially in the UK.



## EASY CHEAT

A clever way to establish when to top up your SPF: La Roche-Posay My UV Patch (free). Take a photo of the patch and its app calculates when it's time to reapply.

## Understand your SPF

Look out for mention of both UVA and UVB, to ensure that your skin will get broad-spectrum protection – UVB causes sunburn, while UVA is responsible for more long-term skin damage (think 'B' for burn, 'A' for ageing).



PHOTOGRAPHS by ROHMAN & SJÖSTRAND

SPF stands for 'Sun Protection Factor' and gives you an idea of the length of time you're protected for before you burn (multiply the time it takes for your skin to burn – usually ten minutes – by the factor number). So SPF15 theoretically gives you 150 minutes of protection. The bigger the number, the stronger the protection, and so the less likely you are to burn. ►

Sun Care Milk-Lotion Spray  
£20 Clarins

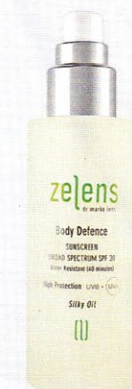
172 GLAMOUR

## Choosing your SPF

Whatever your skin type, we've got you covered.  
Find your protection here



**EYES & LIPS**  
"Don't forget to wear sunscreen here," warns Dr Maryam Zamani. Eight Hour Cream Targeted Sun Defense Stick SPF50 £26 Elizabeth Arden



**SPF WITH BENEFITS**  
"Look for sunscreens with additional protection in the form of antioxidants and anti-inflammatories," says Dr Patterson. "They help 'mop up' any damaging energy that isn't being absorbed by the UV protection." Body Defence Sunscreen Broad Spectrum SPF30 £55 Zelens

**dark SKIN TYPE 6**  
Protection Advanced Infrared-A Protection System SPF15 £19.99 L'Oréal

"Dark skin has a much higher level of melanin, which blocks UV, and so less risk of burning," says Dr Patterson. "But it still has a risk of skin damage, uneven pigmentation and skin cancer."

**olive & deep SKIN TYPE 4&5**

Silk Hydration Air Soft SPF30 £18 Hawaiian Tropic



## IF YOU'RE POOLSIDE...

"UV rays are reflected by as much as 30% by water, so if you're spending the day by the pool or sea, it's essential to reapply at least every two hours," says Clare. "UV rays also pass through water, so use a waterproof lotion and reapply regularly." WetForce Expert Sun Protection Lotion SPF50+ £32 Shiseido

BEAUTY

**dark SKIN TYPE 6**  
Sun Beauty Melting Tanning Milk SPF15 £32 Lancaster

**olive & deep SKIN TYPE 4&5**  
Protect & Cool Refreshing Sun Mousse SPF30 £14.50 Piz Buin

**fair SKIN TYPE 1,2&3**  
Sensitive Advanced SPF50+ Cream £8 Garnier Ambre Solaire

**BOLSTER YOUR PROTECTION WITH YOUR MAKE-UP**  
Sun Protection CC Cream SPF50 £18 Eucerin shields skin with a flash of colour and a matte finish. For more coverage, City Radiance Foundation £9.99 Bourjois also contains an anti-pollution screen and radiance-boosting pigments.

**Those with fair skin need to keep UV protection high,"** says Dr Patterson. "Fine lines, wrinkles, skin laxity, redness and unwanted pigmentation are much worse after sun exposure."

**HOW TO AVOID HEAT RASH**  
"Generally, physical blocks such as zinc and titanium, rather than chemical blocking agents, are less likely to cause reactions," says Dr Patterson. "Oily, spot-prone skin can also benefit from physical blocks and minerals." Mineral blocks work as soon as they're applied; chemical blocks can take 20-30 minutes.  
**FACE:** Mega-Defense SPF45 Advanced Daily UV Defender £39 Dr. Andrew Weil for Origins. **BODY:** Sun Milk SPF50 £19.90 Organii ►

**fair SKIN TYPE 1,2&3**  
Sun Protect Caring Roll-On SPF50+ £7.99 Nivea

**olive & deep SKIN TYPE 4&5**  
Protect & Cool Refreshing Sun Mousse SPF30 £14.50 Piz Buin

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**SPF50**  
Bourjois

**SPF50**  
Nivea

**SPF50**  
Organii

**SPF50**  
Garnier

**SPF50**  
L'Oréal

**SPF50**  
Shiseido

**SPF50**  
Hawaiian Tropic

**SPF50**  
Piz Buin

**SPF50**  
Lancaster

**SPF50**  
Eucerin

**SPF50**  
Bourjois

**SPF50**  
Nivea

**SPF50**  
Organii

**SPF50**  
Garnier

**SPF50**  
L'Oréal

**SPF5**