



Fair or olive-toned,
everyone needs sun protection.

sunscreen special

▷▷ We all know by now that we have to protect ourselves from the sun. But there is so much confusion out there about SPF, the different types of blockers and how much to apply. So we asked cosmetic dermatologist and author Tess Mauricio, M.D., who is of Filipino, Chinese and Spanish descent, to cut to the basics.

When it comes to sun care, Dr. Tess (as she is known) recommends a multi-pronged approach: a topical sunscreen (whether chemical or physical, powder or lotion), a Heliocare supplement, makeup with sunscreen, and protective clothing (hats, sunglasses, etc.). This is because most people don't apply enough sunscreen in the first place, she says. So you have to reapply with whatever you can after three hours in direct sunlight. "I think the most important thing to remember is that everyone should apply some kind of sunscreen every day." Here, Dr. Tess breaks down the basics of sun protection.



Sun protection in
pill form. Heliocare.

Different Types of Sunblock

★ Chemical Sunscreens

Chemicals that absorb UVA (aging, DNA damage) and UVB (burning) rays.

Ingredients: Avobenzone, Octinoxate

Benefits: Protects the deeper layers of skin against the aging effects of UVA rays, and the UVB rays that are responsible for sunburns and tanning. Many of my patients with darker skin tones prefer a chemical sunscreen because it does not leave a residue.

Limitations: Chemical sunscreens have a tendency to break down and must be reapplied. Many chemical sunscreens are irritating and can cause allergic reactions in some people.

★ Physical Sunscreens

Think of these like a barrier between the sun and the skin; they actually physically block and then scatter the sun's rays.

Ingredients: Titanium Dioxide, Zinc Oxide

Benefits: Physical sunscreens do not penetrate the skin, are rarely irritating and block the full spectrum of UVA, UVB and visible light.

Limitations: They can leave a residue behind and are rarely very moisturizing. I generally recommend a physical sunscreen for my patients with sensitive skin (Asian skin is usually sensitive) or for patients who will be spending a long time in the sun, as well as those who undergo certain in-office procedures like chemical peels.

★ Oral Supplements

There's a new category in sun protection and it's one that I recommend for everyone. **Heliocare** with polygodium leucotomos is an oral dietary supplement in capsule form. This orange capsule helps to protect the skin structure and immune response and provides daily defense against the UV photoaging process.

Sounds like a mouthful, but when used in conjunction with a topical sunscreen, Heliocare provides the added protection necessary since no sunscreen, alone, can provide 100 percent UV protection.

SPF Numbers

SPF measures the amount of the time it takes an individual to burn in the sun when not wearing sunscreen versus the time it takes when wearing sunscreen. An SPF 15 product blocks about 94 percent of UVB rays, an SPF 30 blocks 97 percent, and SPF 45 blocks about 98 percent of UVB rays. When you move into SPFs greater than 50, the additional UVB rays that are blocked are minimal, as no sunscreen will protect at 100 percent. This is the reason some say that an SPF over 30 is unnecessary.

That being said, we dermatologists know that most people do not apply sunscreen in adequate amounts or reapply as needed. So we will often encourage our patients to go as high as possible, especially if you have a history of photo-damage and skin cancer. As a general rule, I think most people end up with about 50 percent of the sun protection that the SPF rating actually shows, so if you are using an SPF 50 and applying it as most people do, you are actually getting an SPF of 25.



You've heard you need a shot glass worth of sunscreen for the body. Dr. Tess says half a teaspoon should be applied on the face every day.

Reapplication

All the experts say to reapply sunscreen throughout the day. But how to do it on a full face of makeup? "Just pat the sunscreen over your makeup — don't rub it in — and you should be fine," says Dr. Tess. You can even use powder sunscreen "if you apply enough, but you probably don't." And if you're going to be in direct sunlight, "take another Heliocare capsule after four hours," she adds.

Expiration

If your sunscreen is older than three years or past the labeled expiration date, chuck it, says Dr. Tess.



Dr. Tess Mauricio.

Dr. Tess is the founder of Scripps Ranch Dermatology & Cosmetic Center in San Diego, Calif.; Dr. Tess Dermatology in La Jolla, Calif.; and is currently expanding offices into China. The former president of the San Diego Society of Dermatologic

Surgery graduated from Stanford University School of Medicine and is a *summa cum laude* graduate of the University of California San Diego. Learn more at TessMD.com.

The Protectors

There's no shortage of choice on the market when it comes to sun protection. Whether chemical or physical, tinted or whitening, there's a sunscreen for you.



- 1. For men:** A moisturizer and sunblock in one for the man in your life. (It's also got good-for-him, anti-aging ingredients like aloe and avocado seed oil, and it's packaged in recycled materials.) Code SC 1 Always Wear Protection.
- 2. Physical:** Sensitive skin can't handle chemical sunscreens. This one imparts a matte finish without the white face, and is fortified with natural SPF boosters like plankton. Coola MineralFace SPF 30 Cucumber.
- 3. Lightening:** It says whitening, but it won't leave you chalk-faced. The physical and chemical sun filters go on creamy but sink in super fast, and mulberry and licorice extracts fight hyperpigmentation. EGF Reactivator Total Eclipse SPF 35 with Whitening.
- 4. Sport:** With avobenzene and InvisiDry technology for the lightest application — perfect for when you're active. Australian Gold Sheer Coverage Sunscreen SPF 30.

- 5. Chemical:** Parsol 1789 (a.k.a. avobenzene), the gold standard in broad spectrum protection, prevents future damage while patented antioxidant technology fights existing damage. Somme Institute Double Defense Waterproof Sun Protection Lotion SPF 30+.
- 6. Tinted:** This mineral-based formula pretty much does everything — a physical sunscreen with antioxidants, licorice extract, water resistance and even the Skin Cancer Foundation seal of approval. Physician's Formula Healthy Wear SPF 50 Tinted Moisturizer.
- 7. Indoor:** Who knew we were exposed to UV, infrared and other skin damaging rays from computer screens and office lighting? This protects even against indoor hazards and specifies the level of UVA protection on the label. Armada Face & Body Shield 60.
- 8. Lips:** Even lips need protection. Jason Sunbrellas SPF 25 Lip Balm; Blamstastic Luscious Lip Balm in Wow Wow Watermelon SPF 15.

The Glow Getters

Just because you have to forgo the tan doesn't mean you can't glow year-round.



- 1. Adjustable:** The right glow for the right mood — just dial up the bronze. Victoria's Secret Beach Sexy Custom Tan Adjustable Self-Tan Lotion.
- 2. Spray:** The name in self-tanning, Mystic Tan offers a continuous, 360-degree spray applicator and no nasty smell — that alone is worth it. Mystic Tan Build Sunless Tanning Spray.
- 3. Face:** A face self-tanner specifically based on skin type, and an innovative technology that reduces self-tanning odor by 80 percent. Beautisol Need I Glow More? Face Self-Tanner.
- 4. Stick:** A wash of color in an easy-to-use stick. M.A.C Skinsheen Bronzer Stick in Tan-Tint.

- 5. Gradual:** In the hotter months, substitute your normal body lotion for one with gradual self-tanner. Nature's Gate Glow Lotion.
- 6. Instant:** Provides a substantial bronze (no wimpy sheer formulations here) with a hint of shimmer for a last minute glow. Carlene K Shine Bronzer.
- 7. Mousse:** So genius — it looks like chocolate mousse, goes on cool to the touch and light as air, and imparts just a touch of sun without the shimmer, powdery mess or cakey goo. Laura Geller Air Whipped Bronzer.
- 8. Powder:** A handy travel size bronzer with built-in brush and handle. Physician's Formula Bronze Booster Glow-Boosting Pressed Shimmer Bronzer.

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