

TAN PLAN

4 minimise make-up

If you can't bring yourself to ditch your make-up, use products with SPF. Boost your tan and even skintone with a bronzing foundation like **Christian Dior Sun Glow Protective Compact Care SPF25, £18**, as a base. **Clinique Liquid Lipstick SPF15 in Pure Heaven, £10.50**, gives colour and protection, and finish with a waterproof mascara like **Maybelline Full N' Soft Mascara in Very Black, £5.99**.

5 cover-up

Whether you're as pale as Kate Winslet or as dark as Shaznay Lewis, everyone should wear at least SPF15 when exposing skin to the sun. Protection from UVA (rays that age) and UVB (rays that burn) is vital to help prevent ageing and skin cancer. "People who are careful in their twenties will have better skin in their forties than people who aren't," explains Dr Stan Levy of Almay.

Apply SPF15 about 20 minutes before going outside – damage starts the moment the sun hits your skin – and reapply every two hours and always after a swim. Rub enough to fill a shot glass over your body, especially on the areas where it rubs off – the edges of your swimsuit, hands and feet and under arms. A hat, shades and sarong will help, too. To avoid looking like a lobster, hit the shade from 12pm-3pm, when the sun is strongest.

6 pick a protector

The latest ways to apply your sunscreen... **wipes** like **Ambre Solaire Express Protection Wipes SPF12, £9.99 for 20**, and **Dermologica Sun Swipes SPF15, £20.20 for 15**, are low on mess and perfect for travelling.

boosters like **Dermologica Solar Defense Booster SPF30, £22**, are specially designed sun blocks which can be used with your normal moisturiser and foundation to instantly transform them into SPF products. Clever.

spray-ons cover a wide area in one spritz. Try **Vichy Sun Block Spray SPF20, £9.95**, or **Delph Spray Sun Lotion SPF15, £5.79**.

roll-ons are best for burn-prone zones like shoulders and feet, as you can see where it's going on. Try **Boots Soltan Factor 25 Orange Roll-On Sun Lotion, £4.99**, or **Sun Sense Sport SPF20, £4.95**.

variable control creams customise your level of protection. Use the dial on the bottle to select the factor you want to use from SPF2-15. Try **Variosun Lotion, £10.99**, or **SunMix, £6.99**.

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