

20% OFF YOUR  
NEXT HAIRCUT

# COMPANY magazine

August 2000 £2.50

**8-PAGE SPECIAL**  
your uncannily accurate  
**SUMMER  
SEX-SCOPES**

**RAUNCHY REAL  
LIFE SPECIAL!**

'2 million people  
saw me have sex  
on the beach!'

'I slept with 50  
blokes last year – but  
I'm not a tart'



## TAN PLAN



### tanning myths busted

● **Wearing sunscreen means I can sunbathe all day.** Nope. No sunscreen gives you day-long protection. Even an SPF60 will let some radiation through to your skin. Cooling off in the shade and wearing a T-shirt, hat and shades should be your first defences against the sun, with sunscreen second.

● **High factors stop me tanning.** Wrong. You can build up colour with a high-factor sunscreen. It's slower – but that means it will last longer, and peel less.

● **Fake tan protects my skin.** 'Fraid not. With a natural tan, your skin thickens, providing some protection against burning. Fake tan simply dyes the uppermost layer of skin, without that thickening.

● **Sunbeds prepare my skin for the sun.** Nope. Sunbeds only give off UVA rays, not the UVB rays that cause your skin to thicken. UVA rays are associated with long-term skin damage, so give sunbeds a miss.

● **High-factor sunscreens are all gloopy.** Er, no. Milks spread easily across your skin – try **Ambre Solaire Moisturising Protection Milk SPF25, £9.99**. Oil-free formulas feel light. *Company* likes **Banana**

**Boat Oil Free Sunblock Lotion SPF30, £7.99**, designed not to clog pores. Creams are good for the face and tender bits. Try **Simple SPF35 Protection Cream, £5.99**.

● **I'll get a deeper tan by skipping sunscreen.** No – you'll just accumulate more skin damage and burn. Accept your natural skin colour, and don't expect to get a deep tan if your skin is naturally fair (unless you fake it and then, if you are fair, it really *will* look fake).

● **I can't afford sunscreen.** True, some hi-tech sunscreens are pricy, but going without is a false economy for your skin. Check out budget ranges like **Tesco Sun Protection Lotion SPF15, £6.99 for 400ml**, **Delph SPF25, £4.99 for 200ml** (comes with a free aftersun, too), and **Malibu High Protection Spray SPF15, £5.49**. Also, Boots and Superdrug often do three-for-two summer deals so suss them out before you buy.

### new ways to apply sunscreen

● **Spray-ons** cover a wide area in one spritz. Test-driven on *Company* fashion shoots: **Nivea Sun Spray SPF20, £11.99**, and **Clarins Oil-Free Sun Care Spray SPF15, £14.50**.

● **Variable controls** have nifty dials to customise your sun protection. We like **SunMix, £6.99** and **Variosun, £11.99** ☑.

● **Glitter gels** give skin a sexy shimmer, but come in low factors, so keep them for sunset drinks by the pool. Try **Hawaiian Tropic Tanning Glitter Gel SPF4, £8.59** and **Bath & Body Works SPF8 Shimmer Spray, £5.50** ☑.

● **Roll-ons** like **Sun Sense Sport SPF20, £4.95**, let you slick your sunscreen on with one hand so you don't have to let go of your pina colada. ☑

Words: Laura Bacharach. Photos: Rehana. Hair: James 'Egg' Mooney using Phylogie for Absolute Hair. Make-up: Frances Prescott using Dermalogica. Model: Julia. Paisley-print bikini, Jerome L'Huillier. Diamante belly chain, Etam. Pink hat, model's own. Sheer green top, Paul & Joe. Pink-shorts bikini, fluoro-striped bikini, both V Dolls. Sunglasses, Oasis