

# HELLO!

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### LIFESTYLE

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**T**here can be no denying that tanned skin is the hottest fashion accessory this summer. But we all know tanning is bad news for skin, which leaves most of us trying to achieve the impossible – a “safe” tan. According to dermatologists there is no such thing, as a tan is always a sign of skin damage. And as your skin does not have to burn to be at risk from the sun, it is safer to wear a high SPF at all times.

Different brands of sun cream contain a variety of moisturisers, perfumes and soothing additives, but the sun-filtering chemicals are roughly the same. The cheapest sun creams start at around £8 a bottle and you can expect to pay at least £24 for a week's sun protection. Tesco have cut all sun care prices by a third this summer, and Superdrug promise that their own-brand sun care products will cost £6.99 for 200ml and £9.99 for 400ml.

**Brownie points** It can be difficult working out which sun cream to buy and the simple answer is to choose one that will suit your skin.

**Oily skins** need oil-free products with natural moisturising factors to hydrate the skin without blocking pores and causing spots. Try Piz Buin Oil Free Milks SPF4, 8 & 16, from £10.29; Clarins Sun Care Cream-Gel SPF15, £13.50; Estée Lauder Oil Free Sunspray SPF15, £14; Ambre Solaire Fresh Protect Gel SPF4, £7.99; Guinot Moisturising Tanning Gel, £19.50, tel: 01344-873123 for stockists; and Lancôme's Soleil Anti-Wrinkle Face Gel SPF10, £16.

**Normal and combination skins** need a light moisturising milk or lotion that contains a combination of sun screens. These are called “broad spectrum”. Try easy-to-use sun protection sprays such as Nivea SPF20 Sunspray, £11.99; Estée Lauder Protective Sunscreen For Body SPF15, £14; Piz Buin Complete Spray SPF10 or 20, £12.99 and £14.99; Ambre Solaire SPF15 Moisturising Protection Milk Spray, £11.99; Lancôme Soleil Express Spritz SPF20, £16; Vichy Sunblock Spray SPF20, £9.95; and Clarins Oil Free Sun Care Spray SPF15, £14.50. Also worth trying is the clever Variosun, £11.99, which offers protection of SPF2 to 30 in one bottle with the twist of a dial. Tel: 0800-026 0220 for mail order.

**Sensitive skins** can be prone to itching, redness and rashes as a reaction either to sunlight or to the ingredients in sun creams. Look out for hypoallergenic products which often have very high SPFs to protect sensitive skins. Try the entire Uvistat range formulated for sun-sensitive skins, from Gentle Tanning For Fair Skin SPF15 to SPF50, £8.99; Gatineau Extreme Protection Body Care SPF30, £17, tel: 0800-731 5805 for stockists and mail order; Nivea Sun Sensitive SPF12, 16 & 30 from £9.49; Ambre Solaire Sunblock Milk For Sun Sensitive Skin SPF45, £11.49, and Kids Moisturising Sunblock Milk SPF25, £9.99; Piz Buin Allergy Lotion SPF8, 15 & 20 from £10.69; and Delph Junior Total Sunblock SPF30, £9.99, tel: 020-7224 1388 for stockists.

**Dry skins** require rich, creamy moisturisers to repair the drying effects of the sun. Oils are a great option for very dry skins, but take care because they often have low sun protection factors. Try Helena Rubinstein Golden Defense C.Protection Suncare SPF15, £17; l'Occitane Dry Oil Sun Care Spray, £13.95, and Sun Cream SPF15, £13.95, tel: 020-7290 1421 for mail order and stockists; and Vichy Capital Soleil Cream SPF15, £8.95.

**Black and Asian skins** are less likely to suffer sunburn due to the higher quantities of natural melanin in the skin. You still need sun protection, but you can use lower SPFs with safety. Try Nivea Sun Spray SPF5, £9.99; Estée Lauder Oil Free Sun Spray SPF6, £14; Piz Buin Sun Lotion SPF6,

£10.29; and Dr Hauschka Sun Screen Lotion SPF8, £9, tel: 01386-792642 for stockists.

**Faces** require extra care because they are constantly exposed to the sun. To prevent premature ageing, face formulas often contain anti-ageing ingredients to disarm the harmful free radicals that damage skin cells. Try Lancôme and Helena Rubinstein Golden Defense C.Protection ranges for sun preparations with added Vitamin C. Gatineau, Piz Buin and RoC Santé Soleil all use Vitamin E to neutralise free radicals, and Dermalogica contains a combination of vitamins A, C and E, grapeseed and green tea antioxidants.

Try Clarins Self Tanning Face Lotion SPF15, £12.50; Estée Lauder Anti-Ageing Sunblock For Face SPF30, £14; Dermalogica Solar Defense Booster SPF30, £21.20; Helena Rubinstein Golden Defense C.Protection Anti-Ageing Suncare For Face SPF30, £17; Lancôme Soleil Ultra Extreme Protection Face Cream SPF30, £17; Uvistat Activ-A Facial Moisturiser SPF15, £8.49; Sisley Botanical Facial Sun Cream SPF8, £75; Gatineau Extreme Protection Face Care SPF50, £23.50; and Decleor High Protection Sun Cream SPF30, £16.

**Lipsticks and eye blocks** help prevent chapped lips, cold sores, sunburn and the premature formation of fine lines. Try Piz Buin Lip Care SPF20, £4.29; Decleor Sun Protection Stick SPF15, £9.90; Dr Hauschka Sun Block Stick SPF30, £5; Lancôme Soleil Ultra Targeted Sensitive Skin Stick SPF50, £17; and Uvistat Sun Stick Gentle Tanning SPF20, £5.99.

**Vitamins that protect** Recent research at Edinburgh University shows that taking a selenium supplement before going out in the sun can help the body protect itself from harmful rays. Dr Roddie McKenzie suggests taking a selenium supplement containing antioxidant vitamins A, C and E at the recommended daily allowance. Murad Environmental Shield, £27.50 for 30 days supply, contains vitamins A, C and E plus grape-seed extract, and is said to boost the skin's natural SPF by ten per cent. Tel: 01926-633020 for stockists. **H**

EDITED BY NADINE BAGGOTT

### REVITALISING OFFER

When you have been exposed to the sun it is also worthwhile using an antioxidant-rich moisturiser to help repair your skin. Co-enzyme Q10 is one of the most powerful antioxidants known and has been shown to boost the immune response of skin, which explains why it is added to Pharma Nord's Q10 Revitalizing Cream, £21. If you would like to try a free 10ml sample of this cream, send your name and address on a postcard to **HELLO! Q10 Offer**, Pharma Nord UK, Telford Court, Morpeth, NE61 2DB. For more information, call freephone: 0800-591756.

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