

BY KATIE SNYDER

Summer Skin Savers

Don't Let Your Skin Sizzle this Summer!

Protect yourself with the best SPF products and sun care tips

From BBQs to trips to the pool, summer means plenty of fun in the sun. And sun safety is never out of season. While we all need a little sun exposure (one of our sources of vitamin D), it doesn't take much time in the sun before repeated exposure to the ultraviolet rays can cause sunburns, skin damage and even skin cancer. "Just one severe sunburn in a lifetime more than doubles the chance of developing melanoma, the most dangerous form of cancer," says Dr. Scott Tannehill of Arizona Center for Cancer Care in Gilbert.

Luckily, we can still have fun in the sun and show our skin a little TLC by taking simple precautions. "Choose a sunscreen with a sun protection factor (SPF) of at least 15 or higher and apply 20 to 30 minutes before going outside to allow time for sunscreen to absorb into skin," Dr. Tannehill says. Not sure what to buy? Try one of these four picks.



For Day-to-Day Wear

Try Skin Authority's Sunscreen Moisturizer SPF 30. This multi-action, creamy white moisturizer feels light as you apply it—unlike some high SPF products that are thick and greasy. Great for every day wear under makeup and a bonus—it helps slow down the signs of aging skin and hyperpigmentation. \$42 at skinauthority.com.

For Summer Lip Perfection

Carry lip moisturizer that contains SPF to keep lips, soft, smooth and protected. For the best protection, try **Merlot Lip Moisturizer**. This fragrance free balm contains natural antioxidants and grape seed oil to make sure your lips aren't left bare and vulnerable. \$1.95 at merlotskincare.com.



For Quick Application

For quick application, opt for a spray. Try **Eau Thermale Avène Moderate Protection Spray SPF 20**. This light-weight spray (it's 50 percent spring water) soothes and softens skin while protecting against harmful UVA rays, one of the main causes of premature aging, sun spots and leathery skin, and UVB rays, the main cause of sunburns and skin cancers. \$24 at aveneusa.com.



While summer means fun in the sun, make sure you aren't getting too much of a good thing.

According to Arizona Center for Cancer Care (AZCCC) in Gilbert, there are many myths and misconceptions about sun health that simply aren't true. They include:

- ▶ Tanning beds are safe—they are not
- ▶ Getting a "base" tan prevents sun damage—it doesn't
- ▶ A few sunburns can't hurt—they do
- ▶ Skin cancer isn't dangerous—it is

AZCCC suggests making sunscreen a habit and following these tips for avoiding the consequences of over exposure from the sun. Stay out of the sun from 10 a.m. to 4 p.m.

- Avoid getting a sunburn
- Wear sunscreen daily and reapply every two hours
- Say "no" to tanning beds
- Wear long sleeves outside, even when it's 120 degrees

For more information, visit arizonacc.com

For Men

Men in general tend to spend more time outside than women. Because men typically have larger pores on their skin, they are more prone to break-outs and clogged pores. To help safeguard your skin this summer, try **Glytone Sunscreen Lotion SPF 40**. This fab formula is hypoallergenic, fragrance free and oil free which makes it perfect for protecting guy's most vulnerable areas like shoulders, back and arms. \$37 at dermstore.com.



Keep your skin from sizzling by protecting your body from the sun's harmful rays. Embrace your natural beauty and complexion and invest in a good self-tanner or bronzer to give you that summer glow—your skin will thank you!