Charlize Theron!
On Fame, Fashion & Her New Family!

15 SUMMER OUTFIT ESSENTIALS
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WHAT TO WEAR
Fresh Ideas for Any Occasion
Is it true that spending time outdoors without wearing sunscreen is vital to producing vitamin D?

Nope. The American Academy of Dermatology still recommends getting your daily dose of D from the food you eat and the supplements you swallow, not from sunning. “Being outside for more than several minutes without sunscreen is actually counterproductive since UV radiation breaks down the vitamin D your skin produces,” says Dr. Jordana S. Gilman, spokeswoman for the Skin Cancer Foundation.

Which type of sunscreen covers skin best: a lotion or a spray?

“They both provide adequate protection,” says New York dermatologist Ariele Kauvar, “but I prefer lotions since most of us don’t put on spray correctly.” The problem? It’s easy to miss certain areas, like around your ears and along the edges of your bathing suit. If you really want to use a spray—some prefer the lightweight formula and easy application—spritz it into your palms and then smooth it over your skin for better coverage.
**BURNING QUESTIONS**

**SPF 30**

Sunscreen always seems to make my skin break out. Any advice on what I can do to prevent irritation?

"Heavy moisturizing ingredients like petroleum and mineral oil, which are found in some sunscreens, can clog pores and cause flare-ups," says NYC dermatologist Debra Jaliman. Stay in the clear, she advises, by using a product that's oil-free and noncomedogenic. (Gel-based formulas are one option.) If your eruptions are because of sensitivity, try a different tactic: Avoid chemical sunscreens—they contain harsher ingredients like avobenzone, a common irritant. Dr. Gilman tells some patients to use kids' sunscreen. "Most products marketed for children are fragrance- and chemical-free, so they're less likely to bother your skin," she says.

**DID YOU KNOW?**

90% of changes in aging skin can be attributed to sun damage.

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**EDIBLE SUNSCREEN?**

Protect your skin from the inside by tossing these foods into your grocery cart

- **Dark chocolate**
  - Like you need another reason to indulge! "It's full of flavonoids, antioxidants that not only improve skin texture but offer strong resistance to UV rays," says Miami dermatologist Leslie Baumann. So feel free to nibble on 1½ ounces a day.

- **Green tea**
  - This brew releases catechins, potent antioxidants with anti-inflammatory properties. A study found that drinking two to six cups a day may help prevent skin cancer and reverse the sun's aging effects. (The antioxidant power decreases as tea cools, so sip it while it's hot.)

- **Sweet potatoes**
  - These veggies are loaded with vitamin A, which may reduce your risk of developing melanoma, according to a 2012 study in the Journal of Investigative Dermatology. Bonus: This food is also rich in vitamin C, crucial for collagen production.

- **Tomatoes**
  - Lycopene, the carotenoid that gives these beauties their red hue, helps neutralize free radicals that can age you before your time. They're most beneficial when pureed or cooled, so get your daily dose by drinking a glass of juice or topping your pasta with red sauce.

- **Walnuts**
  - They're packed with omega-3 fatty acids, "which reduce the anti-inflammatory response, thus, in a sense, helping to elevate your sunburn threshold," says Derby, Conn., nutritionist Samantha Heller. Aim for an ounce a day (about a big handful).
What kind of hat will provide the best coverage from UV rays?

Sure, baseball caps look pretty cute, but they will protect only your forehead and nose, says Margaret Parsons, a Sacramento, Calif, dermatologist. A much smarter choice: a tightly woven hat made from straw or solid cloth, like cotton canvas or poplin, with a 3:1 to 4:1 inch brim.

Is there a sunscreen that won’t get washed away by sweat during outdoor workouts?

Look for a spray-on product with an oil-free formula; it will bond to the skin better than most lotions. Need another reason to put on sunblock before heading outside? No sweat: The Journal of Sports Medicine and Physical Fitness reports that sunscreen may help you maintain a lower body temperature while exercising.

Did you know?

The most common location for melanoma in women is the lower legs; for men it’s the upper back.

SPF

The sun protection factor is a number that tells you how much longer a sunscreen will keep you from burning compared with no protection at all. For example, if you usually burn after 10 minutes without sunblock, SPF 15 will shield you for 15 times longer. Sunscreens that are higher than SPF 30 are now labeled 30+.

BROAD SPECTRUM

A classification for products that guard against both kinds of harmful ultraviolet rays, UVA and UVB. (Prior to the FDA’s ruling, companies didn’t have to address UVA protection levels.) The bottom line: Broad-spectrum sunscreens with SPF 15 or higher can claim to reduce the risk of early aging and skin cancer—products that don’t qualify can say only that they protect against sunburn.

UV RAYS

UVA rays penetrate the deeper layers of skin and can lead to wrinkles, brown spots, sagging, and more. (They also contribute to—and may directly cause—some skin cancers, including melanoma.) UVB rays, which target the outermost layer of skin, are responsible for sunburns and are the main cause of skin cancer.

WATER-RESISTANT

“Sunscreens can no longer claim to be waterproof because no sunscreen is waterproof,” says Dr. Karray. New rules: Sunscreens that claim to be water-resistant have to indicate how long they’re effective while swimming or sweating, with a minimum of 40 minutes.

LA ROCHE-POSAY Anthelios 30

Ultra Light Sunscreen Lotion spray SPF 30, $36, la-roche-posay.us.