

# REALSIMPLE

| LIFE MADE EASIER |

## Organize your life

**15 SYSTEMS  
FOR EVERY  
PERSONALITY**

which works for you?

**29 EFFORTLESS  
SUMMER RECIPES**

**HOW TO LAND  
A JOB YOU LOVE**

**CLOTHING CARE 101**





## SUNBLOCKS

TOO SLICK, TOO THICK, TOO IRRITATING—SKIN EXPERTS HAVE HEARD EVERY REASON UNDER THE SUN FOR WHY PEOPLE DON'T WANT TO WEAR SPF. HERE, **SOLUTIONS FOR ALL KINDS OF EXCUSES.**

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**"SUNSCREENS MAKE ME BREAK OUT."**

Don't suffer damage later to avoid breakouts now, says David J. Leffell, a professor of dermatology at the Yale School of Medicine. Look for gel or fluid formulas labeled "non-comedogenic," which means ingredients won't clog pores. Avoid polyethylene glycol (PEG), too; it has been shown to irritate acne-prone skin.

**"IT'S SO SLICK, IT RUNS INTO MY EYES."**

This complaint may be the reason doctors are seeing a rise in skin cancers around the eyes. But there's no need for your eyes to sting: Sport formulas, along with gels and sticks, contain polymers that adhere to the skin, so the sunscreen won't slide if you're sweating, says Elizabeth Tanzi, a dermatologist in Washington, D.C. Studies show that UV radiation increases a person's risk of developing cataracts, too, so protect your eyes with wide, wraparound sunglasses or contact lenses with UV protection, such as Acuvue Oasys (go to [acuvue.com](http://acuvue.com) for information).

**"I WANT TO GET A LITTLE COLOR FIRST."**

"Any sun-induced change in color, tan or red, is an injury to the skin," says New York City dermatologist Jordana Gilman. "You're fast-forwarding the aging process." Incidental sun damage has a cumulative effect. A recent study found that Caucasian women living in the United Kingdom who took holiday trips to temperate climates had 74 percent more moles than other UK women—and more moles lead to a greater risk of melanoma, the deadliest form of skin cancer. Some research also shows that the risk of melanoma doubles if you burn more than five times in your life. Color from a tanning bed isn't safe, either: Any time spent in one before age 30 increases your risk of developing melanoma by 75 percent. Use self-tanner for color.



**"MY DARK SKIN DOESN'T BURN."**

"The fact that you don't burn doesn't disqualify you from getting melanoma," says Jeanette Graf, a dermatologist in Great Neck, New York. While melanoma rates are highest among Caucasians, African Americans have an overall lower survival rate because often by the time this cancer is diagnosed, it's in an advanced stage. And no matter your skin tone, drugs such as oral contraceptives, tetracycline, and ibuprofen can make you sun-sensitive.

**"I WANT TO GET ENOUGH VITAMIN D."**

Some research links vitamin D deficiency to cancer, heart disease, and diabetes. But "why risk wrinkles and cancer when you can get vitamin D from food and supplements?" says Franks. Ask a doctor about the right level for you (about 1,000 to 2,000 international units a day), then look for vitamin D<sub>3</sub> in supplements and buy D-fortified milk, cereal, and bread.

**USER-FRIENDLY SUNBLOCKS**



**IN A NONIRRITATING FORMULA**  
Skinceuticals Sheer Physical UV Defense SPF 50, with zinc oxide and titanium dioxide, \$30, [skinceuticals.com](http://skinceuticals.com)



**IN A WIPE**  
Doctor T's Super-goop! SPF 30+ Sunscreen Swipes, \$34, [sephora.com](http://sephora.com)



**IN A SPORT SPRAY**  
Mission Skincare All-Sport Premium Sunscreen SPF 50+, \$10, [mission-skincare.com](http://mission-skincare.com)



## THE EXCUSES

### "IT'S JUST ANOTHER STEP—AND TOO HEAVY TO LAYER UNDER MAKEUP."

With SPF ingredients now in so many products, says Linda Franks, a New York City dermatologist and a spokesperson for the Skin Cancer Foundation, "the easiest way to form a daily habit of applying SPF is to make sure it's in your face moisturizer." (For product suggestions, see User-Friendly Sunblocks, below right.) If you already have a non-SPF moisturizer and are loath to give it up, protect skin using a lightweight fluid, spray, or wipe first. New formulations are easier to layer, thanks to finer polymers. To reapply SPF later in the day without messing up your makeup (or having to start from scratch), use a powder containing SPF.

### "I'LL BE INSIDE ALL DAY."

Unless you live in a candlelit cave, there's no escaping sun exposure. "A significant percentage of UVA rays penetrate clear glass, and they're the same consistent strength year-round, rain or shine," says Miami dermatologist Heather Woolery-Lloyd. Artificial light, surprisingly, can damage skin, too. Fluorescent light and the new, green compact fluorescent bulbs emit low levels of UV rays, says Franks. The threat is mainly from corkscrew-style compact fluorescents (a.k.a. single envelope), so look for bulbs with a double envelope. These encapsulated bulbs have an added layer of protection that reduces the amount of UV rays emitted. A broad-spectrum sunscreen, which shields you from aging UVA and burning UVB rays, will protect you indoors.



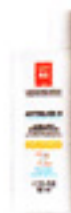
### "IT IRRITATES MY SENSITIVE SKIN."

"Earlier sunscreen formulations definitely had more irritants than current ones," says Howard Epstein, a cosmetic chemist in Gibbstown, New Jersey. "PABA, one of the first widely available sunscreens, caused allergic reactions." Now PABA is rarely used, but check labels to be safe. Some common chemical ingredients used today, such as avobenzone and cinnamates, can degrade in sunlight, and that degradation may cause skin reactions. Now these ingredients are paired with stabilizers, like oxybenzone and octocrylene, to help circumvent irritation. Still, your gentlest bet is a physical sunscreen with the mineral titanium dioxide or zinc oxide (which sits on top of the skin). This is less likely to irritate than one with chemical ingredients that the skin absorbs. If your supersensitive skin is irked by almost everything, try baby formulas; their ingredients are often treated to prevent irritation.

#### USER-FRIENDLY SUNBLOCKS



**IN A MOISTURIZER**  
Olay Regenerist UV Defense Regenerating Lotion SPF 50, \$30 at drugstores.



**IN A FLUID**  
La Roche-Posay Anthelios 45 Ultra Light Sunscreen, \$28, [laroche-posay.us](http://laroche-posay.us).



**IN A POWDER**  
Colorescience Pro Sunforgettable SPF 50, \$60, [colorescience.com](http://colorescience.com).