

JUNE
2019

Health

REAL
WELLNESS

24
SPORTY
SWIMSUITS
YOU'LL FEEL
GREAT IN

**SUN'S
OUT!**
YOUR
ULTIMATE
SAFE SKIN
GUIDE

**SIP ON
THIS**
HOW TO
MAKE THE
PERFECT
SMOOTHIE

DIVE
RIGHT
IN!

Summer Strong!

SAY GOODBYE
TO STRESS

**BOND WITH
YOUR BESTIES**

MAKE DINNER
FRESH AND FAST

PLUS
GO FOR A RUN—
SOMEWHERE FUN!

Bebe Rexha

THE SINGER GETS CANDID
ABOUT FINDING SUCCESS,
EMBRACING HER CURVES, AND
STAYING TRUE TO HERSELF

Q+A

Apply Now! Dos and Don'ts for Putting on Sunscreen

Can I put on sunscreen once I'm outside?

The rule of thumb is that you should slather it on 30 minutes before heading out. This is especially important if you are using chemical formulas because they need to be absorbed in order to be effective.

How much do I need?

Pros say that a nickel-size dollop is the right amount for your face. From the neck down, 2 mg of sunscreen per square centimeter of skin is necessary, which is the equivalent of about 2 tablespoons, says Dr. Hale. If you're using a spray, apply until an even sheen appears on the skin, then rub it in.

Do I really need SPF everywhere?

You sure do! Beyond the obvious areas such as arms, legs, and face, you need to remember spots like the top of your ears; the sides, tops, and bottoms of your feet; and around your hairline.

How often should I reapply?

You should be layering on more SPF every two hours. And if you've gone for a swim (even if your SPF is water-resistant!) or have been sweating excessively, reapply immediately after those actions. To be sure that you're covered head to toe, Dr. Hale recommends applying sunscreen before you get dressed and then reapplying to all exposed skin.

Do I really need sunscreen on days I'm not spending time outdoors?

Yup! And you need to wear it year-round, too. Whether it's hot or cold outside (or cloudy or not), UV rays are present all the time. Also keep in mind: Those harmful UVA rays can penetrate glass, so if your cubical is near a window or you drive a lot, you're still in danger. Make SPF application part of your morning routine—no matter what's on the agenda.

Courtesy of manufacturers

Our SPF Picks

These are the formulas our beauty editors and derms love the most!

SAFE
SKIN
GUIDE



1. AUSTRALIAN GOLD BOTANICAL SUNSCREEN SPF 30 MINERAL LOTION has a hydrating formula that is also packed with antioxidants. (\$16.99; ulta.com)

2. LA ROCHE-POSAY ANTHELIOS 50 MINERAL SUNSCREEN-GENTLE LOTION SPF 50 WITH CELL-OX SHIELD is a mineral sunscreen that leaves a soft finish and is good for even the most sensitive skin types. (\$29.99; laroche-posay.us.com)

3. ELTA MD UV CLEAR BROAD-SPECTRUM SPF 46 is oil-free, making it a great choice for blemish-prone skin. Plus, its clear formula won't leave any white cast behind. (\$33; dermstore.com)

The best sunscreen is the one you wear—choose smartly!