



Be waterproof

beauty for the active life



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SKIN SMART

the NEW MOVES

It starts with sunscreen (and we have some great options for you). Then a big hat. Extra points for UPF clothing. What else can you do to safeguard your skin? A lot.

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the average percentage of front-windshield UVA blockage is 96 percent, side windows block far less. This may be why over half of all skin cancers in the U.S. occur on the left, or driver's, side of the body, according to a 2018 study published in the *Journal of the American Academy of Dermatology*. For melanomas that have not spread from their original tumor site, that spikes to 74 percent appearing on the left side of the body. "I also see a lot of squamous cell carcinomas on the left side of the face and the left arm," Dr. Hale says. "Squamous cell is the second most common skin cancer and the one most correlated to chronic sun exposure. While it's not as serious as melanoma, it can metastasize if left untreated." Swipe sunscreen on your hands and exposed arms before you hit the road. For your face, neck, and ears, dust on a powder sunscreen like Supergoop 100% Mineral Invisible Setting Powder (\$30, supergoop.com). It layers over makeup easily.

Beat the blues

We try to stay out of the sun from 10 a.m. to 3 p.m., right? Well, there's another type of light we may want to dodge—only this one surrounds us day and night, outdoors and indoors. Blue light (aka high-energy visible light, or HEV) emits from the screens on smartphones, tablets, computers, and LED TVs, as well as from fluorescent and LED lighting.

"Blue light rays are longer than UVA and UVB rays, so they're potentially going even deeper into the skin," Dr. Hale says. "But we don't know yet whether they can contribute to skin cancers." Early research indicates that HEV light can make melasma—patches of darker skin on the face—worse. "If you're prone to melasma or uneven pigmentation, use sunscreens that contain zinc oxide or titanium dioxide," Dr. Gohara says. "These physical sunscreens block some blue light from penetrating skin, as well as UV." That's a worthwhile bonus. ■

◀Body

1. Reapplying sunscreen is downright refreshing when you use cooling (and clear) **Coppertone Sport Clear** SPF 50 (\$11, drugstores).

2. **Banana Boat Simply Protect Sensitive** Sunscreen Lotion SPF 50+ (\$8, drugstores) is hypoallergenic and free of oils and fragrances, so it's ideal for skin that's easily inflamed.

3. When you need wet-resistant protection (intense sun, water sports), reach for **Neutrogena Beach Defense** Water + Sun Sunscreen Spray Broad Spectrum SPF 100 (\$12, drugstores).

4. A classic you won't quit: **Jergens Natural Glow + Protect** Daily Moisturizer Sunscreen SPF 20 (\$9, drugstores) offers a golden glow plus sun protection.

5. **Hawaiian Tropic Silk Hydration Weightless C-Spray** (\$9, drugstores) comes in SPF 50 and hydrates skin, yet it feels like nothing.

6. A physical sunscreen, **Australian Gold Botanical Sunscreen Mineral Lotion** (\$17, ulta.com) offers a matte finish and citrusy scent.

