

REDBOOK

Find your perfect sunscreen!

Just like bathing suits, sunscreens aren't one size fits all. Here's our sun products... by Cheryl Kramer

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OUTDOOR ACTIVITY LEVEL

Choosing a waterproof or sweatproof sunscreen is a no-brainer when you plan to be active outdoors. But there are times when it's less obvious that you need one: "On very hot days, you're going to be sweating quite a bit even if you're not playing sports," points out David E. Bank, M.D., head of the Center for Dermatology, Cosmetic and Laser Surgery in Mt. Kisco, NY. (Try the "ultra sweatproof" **Copper-tone Sport Continuous Spray SPF 50 Sunscreen**, \$7.99.)



Complete Defense Daily UV Moisturizer SPF 30, \$19. It's also a good idea to keep a small tube of sunscreen in your purse for moments of unexpected



SKIN TYPE

Sunscreen makes you rashy/break out/dry up? It's probably not the sunscreen itself that's the problem but the base it's in. If your skin is oily, opt for a mist, gel, or oil-free formula (try **DDF Matte Finish Photo-Age Protection SPF 30, \$25**). For dry skin, seek out a creamy base (try **Dermalogica Extra Rich Faceblock SPF 30, \$48**). Sensitive-skin sufferers should baby their skin with a sunscreen for children. "They contain the same active ingredients, but are formulated in a more hypoallergenic way," says Bank.

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SKIN COLOR

If you have fair skin, you know you need to wear sunscreen—plenty of painful sunburns have made that obvious. But even if you have darker skin and never burn, you're still susceptible to wrinkles and skin cancer: "It'll take longer to show up, but it still happens," says Bank. With bottle. "You should apply sunscreen the same way you would an inexpensive moisturizer," says Bank. "Generously."



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BURN HISTORY AND FAMILY SKIN CANCER HISTORY

If you've had a handful of really bad sunburns in your past, or someone in your family has had skin cancer, your risk of skin cancer, unfortunately, goes up. "You want to do everything you can to minimize damage to the skin cells," says Bank, who recommends sunscreen formulas enhanced with antioxidants in this doubles-tennis analogy: "If sunscreen is the player at the net, antioxidants are at the service line, swatting any free radicals that get through." (Try **Skin Effects Sun**

INCIDENTAL SUN EXPOSURE

Even if you haven't sunbathed since 1986, you may still be getting sun damage. The accumulation of the small exposures that happen every day, year in, year out—the ones that don't even burn us—can also cause cancer. Protect yourself on a daily basis with an SPF moisturizer (try **Olay**



longer-lasting protection against both UVA and UVB rays.)

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2 easy ways to get gorgeous



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