





UV Protective Stick Foundation, **Shiseido**

Hydra Beauty Essence Mist, **Chanel**

Fabulous Foaming Face Wash, **Bliss**

Sun Care Oil-Free Lotion Spray, **Clarins**

## DURING: COOL DOWN

### KEEPING THINGS BREEZY

Note that being thrust in the middle of scorching humidity and pummelled with UV rays equals more oil and gunk on your face, and nothing is going to stop things from getting harmfully sticky. “Even if you’re under an umbrella or hat, UV rays can still reach you by reflecting off water, sand or rocks,” says LA derm Dr. Ava Shamban, who says to keep things cool and clean, swap your creamy cleanser for a foaming face wash and add a toner to clear pores when you put on your skincare. When you’re in the sun and sweating it out, and your skin starts getting really parched and flaky—*EEK!*—Dr. Wu recommends a sunscreen stick which you can swipe beside the eyes to halt collagen-zapping sun rays from creating crow’s feet, and a cooling spritz from a hydrating face or body mist that can do wonders for calming the skin and re-plumping moisture.

## AFTER: DAMAGE CONTROL

### TAKING CARE OF BUSINESS

Post-sun exposure care is de-clogging pores from all that sweat and dirt and healing dry, chapped skin from moisture-sucking salt water. “Changes you may notice include brown sun spots, mottling and discoloration, loss of elasticity and collagen from sun radiation, wrinkles around the eyes



Spa Wisdom Africa Ximenia & Salt Scrub, **The Body Shop**

White Plus HP Gentle Brightening Exfoliator, **Clarins**

Genifique Repair Youth Activating Night Cream, **Lancôme**

Polyphenol C15 Anti-Wrinkle Defense Serum, **Caudalie**

from squinting in the sun, and dehydration that can leave skin leathery and more prone to wrinkling,” says Dr. Shamban. “I’d like to see you fortify your skin with a little extra TLC at night, whether it be applying a nice antioxidant serum or lathering up on a rich restorative cream.” And for getting rid of that oily build-up, exfoliate to take off all the sunscreen and oil. As Dr. Wu puts it, “Shed the dead skin.” “Leftover sun damage from summer can lead to dull skin, which is caused by flakes of dead skin cells that don’t allow the light to reflect off of it.”



Vitamin E Moisture Cream, **The Body Shop**

Aloe Soothing Gel, **The Body Shop**

Healing Ointment, **Aquaphor**

Yoghurt After Sun Cooling Gel, **Korres**

## WAY AFTER: BURN NOTICE

### PATCHING UP REDNESS

A clear mark that you’ve either OD’ed on outdoor time or skipped re-applying sunscreen is painful, seared, angry red skin. Dr. Shamban drives the point home: “Your skin needs major hydration and soothing ingredients to help it repair itself from the burn.” LA derm Karyn Grossman, M.D., warns that when burns start to peel, resist the urge to “help it along” (read: picking away dead layers or scrubbing it away) and instead, “let it gently come off on its own. Keep skin super-hydrated with plain products like Cetaphil. Use Aquaphor on blisters at bedtime.” Dr. Wu’s remedy if you’re hurting is to “take two aspirin with a glass of iced green tea, and apply cold yogurt on the burn. The aspirin helps the swelling and pain, the yogurt cools the skin and contains soothing milk proteins, and the green tea has antioxidants to minimise redness and swelling.” **mc**



### DIY IT.

Dr. Shamban’s recipe for a DIY face mist that’ll keep you cool through any hot day: make tea with mineral water, because “tea is an antioxidant that soothes redness and dry skin,” then add one or more of these ingredients: fresh mint for soothing redness, rosewater or jojoba oil to hydrate, or witch hazel extract to tone oily skin.



### EAT RIGHT.

Dermatologist Dr. Howard Murad says that to protect skin from spots, work from the inside out: “Up your internal SPF by eating raw fruits and vegetables rich in antioxidants, like pomegranates, goji berries, tomatoes, broccoli, strawberries, and green tea.”

# 3 UNBREAKABLE SUNSCREEN RULES

**1** Always apply over moisturiser, never under

**2** Waterproof formulas do wash off, so reapply after a swim

**3** Reapply every 2 hours, no procrastination allowed