

Go Bare! The Ultimate Summer Skin Guide

# SHAPE

SHAPE  
YOUR  
LIFE

## Sassy Abs!

Get 'em in  
15 Minutes p202

Lose  
Weight  
This  
Weekend

No Deprivation  
Required p186

THE  
BIGGEST  
LOSER'S

*Jillian  
Michaels*

THE TV STAR  
SHARES HER

**20**  
MINUTE  
WORKOUT

**GET  
FIT  
WITH  
YOUR  
GUY**

Improve Your  
Sex Life &  
Your Body

Look Great Sun Awards

# SUN- SATIONAL PROTECTION

*WE KNOW YOU LOVE LOUNGING OUTDOORS (WHO DOESN'T?), BUT THERE'S A WAY TO PLAY IT SAFE. WE TESTED TONS OF SPF'S IN SEARCH OF THE BEST ONES TO KEEP YOU PROTECTED THIS SUMMER. NOW GO ON AND HAVE SOME FUN—GUILT-FREE!*

*by CARLY CARDELLINO photography by DONJA PITTSCH*



# Look Great Sun Awards

THE 411 ON SUN

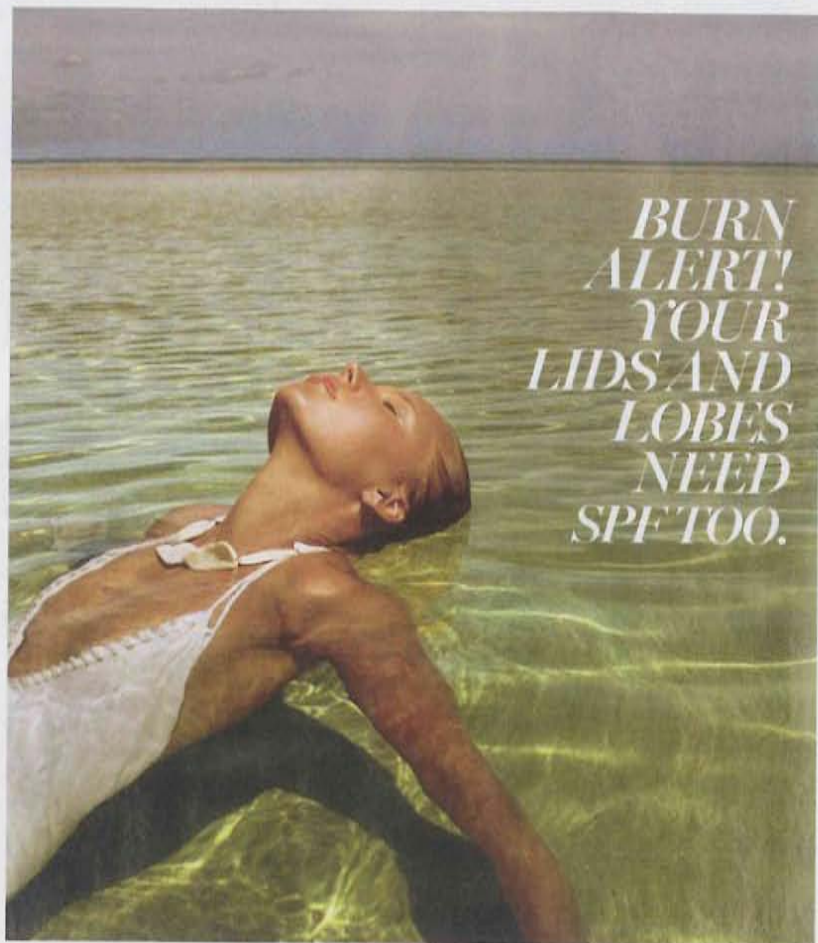
## ABOUT FACE

**1/ Read labels carefully** "For the best coverage, opt for broad-spectrum sunscreens with a sun protection factor (SPF) of 30 or higher," suggests Doris Day, M.D., a dermatologist in NYC. "They should also list avobenzone (aka Parsol 1789), Mexoryl, zinc oxide, or titanium dioxide among the active ingredients."

**2/ Time it right** For maximum effectiveness, sunblock needs 30 minutes to fully absorb into skin and activate, so don't wait until you're outside to apply. Incidental exposure adds up quickly!

**3/ Spread it on thick** "Use at least a teaspoon of sunscreen for your face and neck," says Day, who recommends applying it from the outer edges of your face in. That way you won't miss any areas.

**4/ Be a shady lady** In addition to patting an SPF around eyes, don oversized sunglasses with UV protection—they block 99 to 100 percent of UVA and UVB rays.



**BURN ALERT!  
YOUR  
LIDS AND  
LOBES  
NEED  
SPF TOO.**

**BEST FOR  
SENSITIVE SKIN**



With hydrating hyaluronic acid for skin-smoothing benefits, **Elta MD Skincare UV Daily SPF 40** (\$22; lovelyskin.com) is fragrance- and paraben-free, so it won't cause irritation.

**BEST FOR  
ANTIAGING**



**Avon ANEW Solar Advance Sunscreen Face Lotion SPF 45** (\$34; avon.com) stimulates cell renewal and boosts skin's antioxidant levels to help fight off wrinkle-causing free radicals.

**BEST FOR  
OILY SKIN**



**La Roche-Posay Anthelios 50 Mineral Ultra Light Sunscreen Fluid** (\$32; laroche-posay.us) has a matte yet translucent finish and absorbs quickly, so it won't leave behind a greasy film.

**BEST FOR  
TRAVELING**



Although they're tiny, **Dr. Dennis Gross Skincare Powerful Sun Protection Daily Sunscreen Towelettes SPF 30** (\$18; sephora.com) pack a big punch with antioxidants like green tea.

**BEST FOR  
EYELIDS AND LIPS**



Swipe often-overlooked areas with an ultra-moisturizing, stay-put stick like **Elizabeth Arden Eight Hour Cream Targeted Sun Defense Stick SPF 50 Sunscreen** (\$20; elizabetharden.com).