

MARTHA STEWART

Living

*summer
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cheers!

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JUNE 2011
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Here Comes the Sun

Don't get burned during the lazy days of summer. These sunscreens make it easier than ever to **SAFEGUARD YOUR SKIN**.

You already know to wear sunscreen, but the options can be overwhelming. To simplify your search, Francesca Fusco, a dermatologist in New York City, has these tips: Choose at least SPF 15 for daily use and SPF 30 for sustained exposure, which block 93 and 97 percent of UVB rays (the type that burn skin), respectively. Also, look for ingredients that deflect UVA rays (the kind that cause wrinkles and sun spots), such as zinc oxide, titanium dioxide, avobenzene, and oxybenzone. Now, ready to take it outside?

portable protection

Because *BareMinerals SPF 30 Natural Sunscreen* (\$28, bareminerals.com) doubles as makeup, you'll be reapplying your sunscreen anytime you need a powder touch-up. Use the mess-free brush to apply all over your face.

Our hands are exposed to the same elements as our faces and deserve just as much care. Treat your skin with an SPF cream such as *Guerlain Super Aqua-Hands Cream SPF 15* (\$64, guerlain.com), which has licorice root to help lighten sun spots.

Suitable for face and body, the individually wrapped *Dr. Dennis Gross Skincare Powerful Sun Protection SPF 30 towelettes* (\$18 for 20, drgskincare.com) offer nongreasy UVA and UVB protection, plus antioxidants such as green tea, lycopene, and vitamin C.

Replace your daily moisturizer with *Clarins Sunscreen For Face Wrinkle Control Cream SPF 50+* (\$32, clarins.com). It's as lightweight and hydrating as regular lotion but delivers a high SPF and antioxidants such as olive extract. Plus, with a light, floral scent, it smells better than other beachy blockers.

Safeguard frequently missed and overexposed areas, such as your ears, nose, and where you part your hair, with the pocket-size *Elizabeth Arden Eight Hour Cream Targeted Sun Defense Stick SPF 50* (\$20, elizabetharden.com). It can be applied directly to target spots without getting it on hands.

Lips need as much sun-shielding as faces do. The orb shape of *Eos Lip Balm Smooth Sphere Lemon Drop SPF 15* (\$3, evolutionofsmooth.com) makes it fun to use and easy to fish out of your purse.