

Ree's Guide to

Sun Protection

Fair-skinned redheads aren't the only ones who have to keep their skin safe.

I

am pretty strict about staying out of the sun, but I wasn't always that way. There's a picture on my website of me when I was about 17 wearing a white tutu and I was totally orange. Four of my ballet friends in the photo were fair, and I looked like an Oompa Loompa! I went daily to tanning salons for probably my whole senior year, and then during college in California, I kept tanning. When I was 30, though, I had a basal cell carcinoma (skin cancer) removed from my neck and the doctor told me, "You're too young for this." I've pretty much stayed out of the sun, or worn hats and sunblock, since then—and I've learned a lot about sun protection. Follow the tips on the next pages before you head into the sun this summer.



Block Party

We all know we're supposed to wear sunscreen, but many of us don't bother putting it on—or we wear too little of it. Why? It's too thick, it makes us look pasty, it feels greasy.... Not to worry! Here are solutions to six common sunscreen complaints.



1

If you think reapplying is a pain...

Ever heard of powder sunscreen? It's portable (like a makeup compact) and beyond easy to apply—just swirl it on! This version comes in four shades and can be worn alone or over your makeup.

Sunforgettable Total Protection Brush-On Shield SPF 50, \$65; colorescience.com

2

If you think sunscreen feels thick and greasy...

Ree swears by this moisturizer for preventing wrinkles and protecting her skin from sun spots. The lightweight lotion hydrates and brightens—and absorbs so quickly you'll forget you're wearing sunscreen.

Regenerist Regenerating Lotion with Sunscreen Broad Spectrum SPF 50, \$27; olay.com

3

If you don't want to look white and pasty...

Despite its mineral formula, this airy cucumber-scented cream disappears into skin without a hint of white residue. Plus, rose hip, evening primrose and flaxseed oils help soothe skin.

Coola Mineral Face SPF 30 Cucumber Matte Finish, \$36; sephora.com

4

If you don't want your makeup to slide off...

Swap your makeup primer for this gel-like sunscreen; it creates a smooth canvas for foundation and concealer. It also protects against blue light from electronic devices, which some beauty experts say can age your skin.

Unseen Sunscreen SPF 40, \$32; supergoop.com

5

If sunscreen irritates your skin and eyes...

Free of fragrance and alcohol, this mineral-based sunscreen is as gentle as they come. It takes some rubbing for the formula's white cast to fade, but the effort pays off because the lotion stays put even in water.

Ultimate Sun Protection Lotion WetForce for Sensitive Skin and Children SPF 50+, \$42; shiseido.com

6

If you're worried about sunscreen causing breakouts...

This creamy water-resistant sunscreen is a dream for oily skin that's prone to clogged pores and blemishes. It dries to a matte finish and helps keep shine at bay, even in hot and humid climates.

Anthelios Clear Skin Dry Touch, \$20; laroche-posay.us

PHOTOS: RYAN DAUSCH; STYLING: JULIE FLYNN.

DOCTOR'S ORDERS!

Follow these sun-care rules from New York City-based dermatologist Dendy Engelman, M.D.

Make sunscreen an everyday habit. Incidental sun exposure, even just 15 minutes a day, adds up over time and can cause significant sun damage and premature aging.

Aim higher.

Look for products with SPF 50 or greater. And if you use SPF 30, slather it on.

Remember your chest and neck. Always apply sunscreen to these two areas. They're the first places to show signs of aging.

Reapply religiously.

Apply sunscreen every two hours when you're out in the sun, and more often if you're sweating or in the water.

Cover up.

Most regular clothing does little to protect your skin from the sun. If you're spending time outdoors, look for garments with UPF (ultraviolet protection factor) ratings.

Wash off.

Before you hit the sheets, wash your face. Leaving sunscreen on your skin can lead to clogged pores and breakouts.

Ree says:

I keep a lightweight scarf in the car to protect my neck and chest in case I wind up driving into the sun.



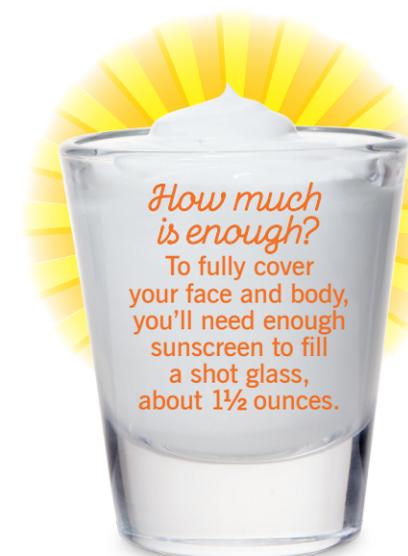
I like a foundation with sunscreen to give my face and neck an added layer of protection.



I wear clothing that's lightweight enough that I can still wear longer sleeves.



I try to work in the garden in the early morning and early evening to avoid the high sun.



How much is enough?
To fully cover your face and body, you'll need enough sunscreen to fill a shot glass, about 1½ ounces.

LOVE YOUR LOCKS!

Safeguard your hair with these protective treatments.



Fekkai Pre-Soleil Hair Mist, \$20; target.com
Rinzu Protect Spray, \$28; 7haircare.com
Vault Color-Lock Conditioner, \$19; loveamika.com

Know the Lingo

Mineral Sunscreen

These sunscreens (also called "physical" sunscreens) sit on top of the skin, creating a barrier that helps deflect the sun's harmful rays. Because they're made with minerals, like zinc oxide and titanium dioxide, they tend to be thicker and can leave a white cast, but they work immediately and are less likely to irritate sensitive skin.

vs.

Chemical Sunscreen

These traditional sunscreens penetrate the skin's surface and absorb (rather than block) UV rays. These sunscreens are popular for being easy to blend, but they need at least 20 minutes to sink in before you go out in the sun. You'll know you're using a chemical formula if the bottle lists ingredients ending in -salate or -benzone.



Daisy Floral Baseball Cap, \$30; earthologie.etsy.com



Oklahoma Non-Distressed Trucker, \$28; monogramminglife.com



Drummond Ranch Hat, \$16; themercantile.com