

INSIDE

HOW TO GLOW FROM HEAD TO TOE: CELEB BODY TRANSFORMATIONS, AND MORE

ELLE BEAUTY

BODY

THE SUN SET

Whether your summer sport of choice is big-wave surfing or brunch al fresco, new sunscreen technology proves it has never been easier to play safe





oxide) sit on the surface, deflecting UV radiation. Sunscreens contain one or the other and often a combo of both. Despite major advancements in formulations, however, the perfect block still eludes us. SPF 100 protects skin from 99 percent of UVB rays for two hours—an A+, but not a perfect score. "No sunscreen product, not even the highest SPF possible, is capable of blocking 100 percent of UV radiation," says Arizona-based dermatologist Jennifer Linder, MD. But there is a way to compensate: A sunscreen with an added antioxidant will prevent free-radical damage caused by the percentage of rays that do make it through. "Antioxidants protect skin cells from DNA damage and also help prevent collagen from breaking down," says L.A.-based dermatologist Jessica Wu, MD. If you use a separate antioxidant serum, reapply as often as, and under, your block—

antioxidants are not stable when exposed to sunlight.

According to research published in *Journal of Investigative Dermatology*, the hardest working antioxidant may be in your coffee cup. Caffeine, when applied topically (PCA Skin sunscreens include the ingredient), forces damaged cells to self-destruct, while leaving healthy cells alone. "We now have an ingredient that can potentially stop cancer formation before it starts," Linder says.

NAUTICAL BY NATURE

Proper application and reapplication) is essential to preventing a burn, especially wherever you bare (almost) all. The challenge with staying protected on the beach or by the pool is that traditional creams and sprays require that you completely dry off (even damp skin will lessen the efficacy) before you slather them on again. But new technology by Johnson & Johnson (found in the Aveeno Hydrosport sunblock spray) rewrites the rule book: A blend of water-repelling ingredients pushes moisture away, allowing the chemical block to stick to wet skin. No longer will a raucous game of Marco Polo be interrupted in the name of SPF.

What if there were one lotion, one magic youth potion that prevented 90 percent of spots, wrinkles, and saggy skin? It would spark month long waiting lists and sell for hundreds or even thousands on eBay, right? Turns out this product exists—in fact, it's carried everywhere (even at gas-station convenience stores), yet only one in 10 Americans actually uses it every day: sunscreen.

In an article published last year in the journal *Plastic and Reconstructive Surgery*, dermatologist Zoe Draelos, MD, compared the preventive effects of OTC ingredients such as antioxidants, the hyaluronic acid in hydrating night creams, and skin-lightening hydroquinone serums. The study's conclusion? "Sunscreen is the most biologically active anti-aging ingredient in skin-care products," Draelos wrote.

THE ABC'S OF SPF

A quick sunscreen recap: Chemical sun filters (such as avobenzone/Parsol 1789 and oxybenzone) soak into the skin, absorbing the sun's rays before they cause damage; physical sunblocks (such as titanium dioxide or zinc



BLOCK PARTY

(From top) **Avon** Anew Solar Advance SPF 45 boosts natural antioxidant production. Noni fruit extract absorbs UV light in **DERMAdoctor** Photo Dynamic Therapy SPF 30. **Aveeno** Hydrosport Sunblock Spray SPF 85 works on straight-out-of-the-pool skin. **PCA Skin** Hydrator Plus SPF 30 couples broad-spectrum protection with antioxidant caffeine.

THREAD COUNT

"Besides sunscreen, the best thing you can do to shield rays is wear sun-protective clothing," says New York City dermatologist Jody Levine, MD. Enter Mott 50, a brand founded by two NYC-based twentysomethings that offers chic, you-would-actually-wear-this, James Perse-esque pieces with an Ultraviolet Protection Factor (the SPF scale for clothing and textiles) of 50, 10 times the protection of a basic white T-shirt. If you want to DIY, a packet of Rit Sun Guard Laundry Treatment UV Protectant thrown into the washer with your Alexander Wang tees will deposit a UPF of 30.—JANNA JOHNSON

BODY WORK

VERONICA WEBB, 46, model, TV Personality

ON TRAINING FOR THE NYC MARATHON IN JUST EIGHT WEEKS: "When I started, I could barely run three miles. After a month of the Jeff Galloway run-walk-run interval method—a free download for people with injuries or who are late to running—I could do 18 miles. Let me tell you, when you start to run 25 miles a week, you notice a tighter butt."

