

# SCALP-TO-SOLE SUN PROTECTION

Sorry gals, slapping moisturizer with SPF on your face once a day just won't do. Don't worry, we've got your back (and everywhere else) covered! Read on to stay safe this summer.



**Body** We may be good at slathering on sunscreen when at the beach, but what about on a daily basis? Our bodies are exposed to UV rays even when we are inside our home during the daytime. Make moisturizing with an SPF body lotion part of your daily routine.



TheFaceShop Natural Sun Eco Body & Family Mild Sun Milk SPF40, P645. Nivea Body Lotion UV Protect, 400 ml, P339.

## 3 facts everyone should know about sunscreen

We caught up with Dr. Teo of The Aivee Institute to get the lowdown on suncare:

"At least 1 teaspoon is needed to cover the face and 1 shot glass for the body."

"Foundation containing SPF can be a potent source of protection but isn't viable because it's impossible to wear a teaspoon's worth of foundation on the face without it looking cakey."

"As long as you can see daylight without the use of artificial lighting, it means that UVA and UVB rays are present."

**Hair** Faded color, split-ends, thinning hair, straw-like strands, these are just a few of the damaging effects UV rays have on our hair. Think premature aging only happens to skin? Believe it or not, our hair ages just the same! Hair-care products with UV filters are important when outdoors to protect locks from protein loss. Spritz hair with sun protectant and wrap into a bun to keep from being exposed.

**Scalp** We never think our scalps need SPF but they are just as prone to burning and skin cancer as much as the rest of our body. Areas on your scalp that are exposed, such as your part or hairline, are prone to sunburn. Shield your scalp from the sun's rays by spraying an SPF mist or sweep mineral powder with SPF onto roots, your part and along the hairline. For 100% protection, grab a hat!



Belo Ultra Gentle Sheer Spray SPF50, P539.75.

Ogx Argan Oil of Morocco Weightless Healing Dry Oil, P499.

## WHEN LEAST EXPECTED...

our body is exposed to UV rays (we're talking indoors or on a cloudy day). With all these great products out there, you have no excuse not to!



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**Neutrogena Ultra Sheer SPF50, ₱460.**  
**Estée Lauder Perfectionist Youth-Infusing Makeup SPF25 in Sand, ₱2,800.**

**Face** We're all too familiar with the necessity of wearing sunscreen on our face. But should you be wearing a different type than on your body? Find a sunscreen that addresses the specific needs of your skin type. If you are oily or acne-prone, look for a lightweight, non-greasy formula labeled "oil-free." Dry-skin types should avoid sprays or gels that contain alcohol, which can be very drying. Instead look for sunscreens that contain hydrating ingredients like aloe or glycerine.

**Lips** Lips are another body part we tend to forget when covering up at the beach. The skin on our lips is naturally thin and can lose its elasticity over time if not protected. Not to mention how dry and chapped they can get from being in the sun all day. Use a lip balm containing SPF daily, even on cloudy days and reapply every few hours like you would with sunscreen.



**Nivea Med Protection SPF15, ₱94.**  
**Kiehl's Lip Balm #1, ₱495.**

**Nails** Did you know that even the skin under your nails can burn and cause those vertical ridges that take months to grow out? Frequent sun exposure can make nails brittle, dry, and even turn them yellow. Nails are made of protein, just like skin, and overexposure to UV rays can lead to the degradation of protein (keratin) which keep nails strong and healthy.

**Revlon Colorstay Gel Envy in Lady Luck and Showtime, ₱325 each.**



**1 Nivea Sun Moisturising After Sun Spray, ₱254** **2 Ocean Potion Aloe Gel, ₱375**  
**3 Daylong After Sun Repair, ₱890** **4 Mythos After Sun Body Milk, ₱495** **5 Clinique After-Sun Rescue Balm with Aloe, ₱1,200**

## WHY USE AFTER-SUN CARE?

No matter how careful we try to be and how much we cover up, sometimes getting sunburned is inevitable. Soothe burns with a nourishing, moisturizing remedy like aloe. After-sun care products are great for rehydrating and locking in moisture when skin is dehydrated from being out in the sun.

**Dr. Jean Marquez of The Skin Specialist says...**

**"It's important to reapply sunscreen since it can be physically rubbed off when you wipe your face, or get washed off when you perspire or swim. In addition, the active ingredients in sunscreen break it down overtime."**



**1 Mary Kay Sun Care SPF30 Sunscreen, ₱1,095** **2 Hei Poa Lait De Monoi SPF 30, ₱995**  
**3 Shiseido Perfect UV Protector, 30ml, ₱2,100** **4 Bioderma Photoderm Max Spray SPF 50, ₱2,034** **5 Vaseline Healthy Sunblock SPF30, ₱284.75**  
**6 Juice Beauty SPF30 Sport Moisturizer, ₱925** **7 Beach Hut Max SPF 100, ₱499** **8 Human Nature Safe Block SPF 15, 200 ml, ₱550**