



SUNSCREEN MYTHS

In beauty, there's no shortage of old wives' tales—even for something as seemingly obvious as SPF. Cosmo taps dermas to squash sunscreen's biggest myths, once and for all.

MYTH YOU DON'T NEED SUNSCREEN WHEN INDOORS.

"UVB rays do not penetrate glass but UVA rays do. In addition, fluorescent lighting (though minimal) emit ultraviolet rays as well. It's best to develop the habit of applying (and re-applying) sunscreen on a daily basis, whatever your environmental circumstances." —Dr. Yane Vasquez, Aesthetic Science Clinic

MYTH YOU CAN'T GET SUNBURNT ON A CLOUDY DAY.

"Ultraviolet rays can easily pass through clouds. Rays reflect off concrete, sand, water, and snow—so one can even burn while in the shade. UV rays also penetrate car windows and every day clothing. Applying window tints in your car (in addition to using sunscreen) may provide further protection." —Dr. Jaime P. Nunez, JKN Skin & Surgery Specialists

Jane Iredale Powder-Me SPF 30, P1,950.



MAKEUP WITH SPF

Pond's Age Miracle BB+ Cream SPF 30 in Beige, P499.



Maybelline White Superfresh Liquid Powder SPF 50 in Honey, P349.



Bioré UV Aqua Rich Watery BB SPF 50, P450.



Belo Sun Expert Transparent Mist SPF 50, P480.



Kiehl's Activated Sun Protector SPF 50+, P2,215.



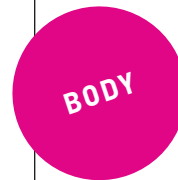
Bioderma Photoderm Max Spray SPF 50, P2,034.



Daylong Light Gel SPF 50, P620.



Vaseline Healthy White SPF 24, 180 ml, P249.



Flawless Skin Protect Mist SPF 70, P450.



Neutrogena Ultra Sheer Dry-Touch Sunblock SPF 50, P525.



Nivea Sun Protect & Moisture SPF 50, 125 ml, P459.



Beach Hut MAX 75+++ SPF, P549.

MYTH IF YOUR MAKEUP HAS SPF, YOU DON'T NEED ADDITIONAL SUNSCREEN.

"Even though there is SPF in your makeup, you're not able to maximize its coverage. That's because you have to apply seven times the normal amount of foundation and fourteen times the normal amount of powder to get the sun protection factor on the label. So, it's best to combine SPF makeup with a sunscreen."

—Dr. Vicki Belo, Belo Medical Group

MYTH THE HIGHER THE SPF, THE BETTER.

"SPF is based on the ability of sunscreen to prevent erythema or reddening of the skin after sun exposure. If you compare one sunscreen to another in terms of SPF, you can tell how much one formulation of sunblock delays skin redness. This however, does not tell us how effective the sunscreen is in preventing damage to the skin. The recommendation is to apply an SPF 30 or higher."

—Dr. Yane Vasquez, Aesthetic Science Clinic
 "When used correctly, sunscreen with SPF 30 to 50 offers as strong protection as compared to a sunscreen with SPF 80 to 100." —Dr. Janice Soriano of the The Aivee Clinic



Nivea Sun Cooling After Sun Spray, P259.

Holika Holika Aloe Soothing Gel, P395.

Beach Hut After Sun Aloe Cooling Gel, P249.

Vaseline Total Moisture Aloe Fresh Lotion, 200 ml, P126.

MYTH MORENAS DON'T NEED AS MUCH SUNSCREEN AS TISAYS DO.

"Although dark skin does offer more natural protection from sun's harmful rays than light skin, no one is immune to damage caused by the sun."

—Dr. Janice Soriano of the The Aivee Clinic

MYTH SUNSCREEN PROTECTS FROM BOTH UVB AND UVA RAYS.

"SPF only refers to protection against UVB rays (the burning rays). UVA rays (the aging rays) penetrate deeper into skin causing more damage to the tissue (wrinkles). Make sure your sunscreen is labeled with UVA, broad spectrum, or multi-spectrum protection."

—Dr. Jaime P. Nunez, JKN Skin & Surgery Specialists



Avène Crème SPF 50 For Dry Sensitive Skin, P1,600.

TheFaceShop Clean Face Oil Control Sun Cream SPF 35, P525.

DON'T FORGET!

Scalp, ears, eyelids, lips, hands, and feet are commonly overlooked but just as susceptible to skin cancer!

MYTH SPF 100 BLOCKS 100% OF THE SUN'S RAYS.

"There is no such thing as 100% protection. SPF states how long one can spend in the sun without burning. An SPF 15 allows someone to stay exposed fifteen times longer without burning than if their skin was unprotected, while SPF 30 allows someone to stay exposed thirty times longer. However, UV protection is not proportional to the SPF value. For instance, SPF 15 lotions block 93 percent of UV rays and SPF 30, 97 percent."

—Dr. Jaime P. Nunez, JKN Skin & Surgery Specialists

MYTH WATERPROOF SUNSCREEN DOESN'T NEED TO BE REAPPLIED AFTER A SWIM.

"Sunscreens should be reapplied after swimming or sweating profusely. The effectiveness of photo protection decreases when exposed to water. Always reapply every two hours. When swimming or working out outdoors, reapply every 30 to 60 minutes."

—Dr. Jaime P. Nunez, JKN Skin & Surgery Specialists

SO TRUE:

- Check your sunscreen's expiry date! Sunblock has a shelf life of two years if stored properly
- Apply *at least* one tablespoon of sunscreen to your face and *at least* one shot glass worth to your body
- Apply every 2 hours (every hour if swimming or sweating profusely)
- Apply *at least* 20 minutes before going outside so skin can properly absorb the protective ingredients



Mary Kay Suncare Lip Protector Sunscreen SPF 15, P595.

Sun Bum Sunscreen Lip Balm SPF 30 in Banana, P275.

SUNSCREEN CHECKLIST

- SPF 30 or higher
- Water Resistant
- Broad Spectrum (UVA/UVB rays)
- Oil-free *and* Non-Comedogenic for acne-prone skin

(TEXT) MERIAM AHARI; (PHOTO) DIX PEREZ; (BODIERMA) NIVEA; (POND'S) VASELINE; (COURTESY OF RESPECTIVE BRANDS. (O) HERITILLO; (LOUC) AGINALDO; (G) SONSORENSMEAN; (JEFFRE) WEST; (BROWN) TUDOR.