

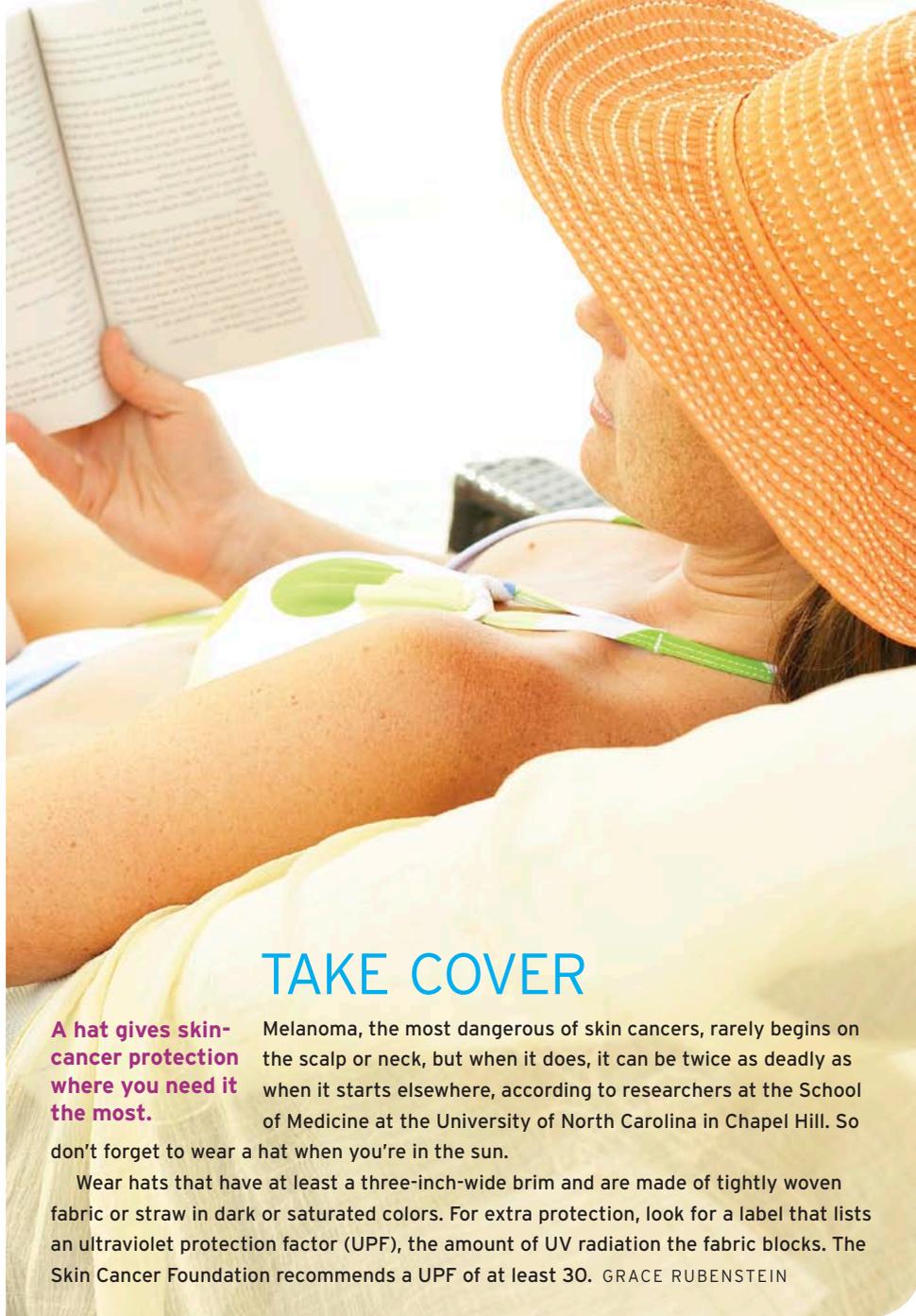
WELLNESS

SUN SAFELY

Studies shed new light on the best sunscreens for your skin.

Selecting the right sunscreen just keeps getting more complicated, as researchers make new discoveries about the effectiveness and health impacts of certain common ingredients. Here's what you need to know. First, be sure to choose a sunscreen that provides true broad-spectrum protection, shielding you from both UVA and UVB radiation, says Nneka Leiba, a senior analyst at the Environmental Working Group, which publishes an online consumer guide to sunscreens every spring. And avoid ingredients like oxybenzone, a potential hormone-disrupting chemical that penetrates the skin, and retinyl palmitate, a synthetic form of vitamin A that may actually heighten the risk of skin cancer when used on sun-exposed skin.

Instead, go for products that list titanium dioxide and zinc oxide—natural minerals providing broad-spectrum protection—as active ingredients. Apply sunscreen liberally and choose lotions over sprays and wipes; these may not give adequate coverage and sprays can be dangerous if inhaled, says Leiba. MANDY FERREIRA



TAKE COVER

A hat gives skin-cancer protection where you need it the most.

Melanoma, the most dangerous of skin cancers, rarely begins on the scalp or neck, but when it does, it can be twice as deadly as when it starts elsewhere, according to researchers at the School of Medicine at the University of North Carolina in Chapel Hill. So don't forget to wear a hat when you're in the sun.

Wear hats that have at least a three-inch-wide brim and are made of tightly woven fabric or straw in dark or saturated colors. For extra protection, look for a label that lists an ultraviolet protection factor (UPF), the amount of UV radiation the fabric blocks. The Skin Cancer Foundation recommends a UPF of at least 30. GRACE RUBENSTEIN

fun in the sun | Choose a broad-spectrum sunscreen for every activity.



FOR YOUR FACE
Suntegrity "5 in 1" Natural Moisturizing Face Sunscreen, SPF 30, \$45.00 for 1.7 oz.; suntegrityskincare.com



AT THE BEACH
BurnOut Ocean Tested Physical Sunscreen, SPF 30, \$17.99 for 3.4 oz.; burnoutsun.com



EVERY DAY
Beyond Coastal Natural Lip and Face Screen, SPF 31, \$6.99 for 0.9 oz.; beyondcoastal.com



FOR SPORTS
Badger Sport Sunscreen, unscented, SPF 35, \$15.99 for 2.9 oz.; badgerbalm.com