

seriously good SUNSCREEN for face



GO places, protected beautifully. If you're a girl in a hurry like me, the SPF face protection situation in the summer can be a beauty nuisance. Even if you're not at your beach getaway and just running around in the city, the high SPF protection for skin is now a must for all us, sunny days or not.

Though the idea of moisturizing + applying sunscreen before going out can seem like an easy task, when was the last time you were happy with the texture of moisturizer + SPF + BB cream + powder under the summer light? Even worse, the not so cute dark and patchy after sun spots as a result of not covering the entire face properly? Yes, we've all been there.

We recently caught up with Dr. Gary Goldenberg, Medical Director of the Dermatology Faculty Practice at The Mount Sinai Medical Center in NYC and asked him about sun care:

"I tell all my patients that sunscreen is the best anti-aging product they can buy. Especially since we know that the sun's harmful rays can change the appearance of your skin, cause wrinkles, lines and dark spots (dyspigmentation)."

So, we went on a search for light yet efficient sunscreen with a high SPF that is easy to apply PLUS makeup friendly. **La Roche Posay**, the award winning French brand known for serious sun care | anti-solaire products, came out with a couple of WINNERS to make all of us smile (guys included).

Here are a couple of skincare must haves for the summer + why we love them. We were so excited about our discovery, we asked Dr. G to give us his opinion too.



1. LA ROCHE- POSAY anthelios 50 mineral (tinted) ultra light sunscreen fluid:

why we LOVE it: This wonder liquid product goes covers all areas easily, so you don't miss a spot, while giving a little tint and a flawless finish. Bonus prize? This beautifies skin so nicely that extra coverup, BB cream, and powder may not be needed this summer! The texture melts into skin + covers, giving a smoother texture instantly. Especially great to cover dry | raised skin too while protecting from the sun with SPF 50. It also comes in a non-tinted formula.

Editor's note: I'm currently using it as my summer makeup daily, and adding BB cream in small areas for extra coverage needed. (- Brigitte)

Dr. G says: This is a great product for use on face and body. I recommend this product for daily use, and also for use on the beach, at the park, and while out and about on days when the UV index is above low.

2. LA ROCHE POSAY anthelios AOX spf 50 | daily antioxidant serum with sunscreen:

why we LOVE it: Goes on like a serum, works like a sunscreen armor. This non-tinted product is easy to apply all over your face to get SPF 50 protection. Leaves a nice smooth finish, so makeup is easily applied after, and can act as a light moisturizer in the summer.

Dr. G says: This is a great product because it goes on easy and is cosmetically elegant. The sunscreen helps to protect the skin from UV exposure The antioxidants help fight free radicals and improve the overall appearance of skin.

3. la roche posay eau thermal (thermal spring water)

why we LOVE it: A spritz of fresh anytime to cool off or refresh in the summer. The spray applicator releases a big soft mist that can cover your face with a couple of moves. (not like a squirt)

Dr. G says: This is a great product to use to cool your skin on hot summer days. But remember to reapply your sunscreen if you overdo it!

About:

Dr. Gary_Goldenberg is the Medical Director of the Dermatology Faculty Practice at The Mount Sinai Medical Center, and an Assistant Professor of Dermatology and Pathology at The Mount Sinai School of Medicine in New York City. An expert in medical, cosmetic and surgical dermatology, Dr. Goldenberg's focus is on skin cancer, psoriasis, injectable fillers and toxins, laser surgery, and acne. Board Certified in both Dermatology and Dermatopathology, and active in Dermatology research. Dr. Goldenberg is a member of the American Academy of Dermatology, American Society of Dermatopathology, and serves as the President-Elect and member of the Executive Board of Directors for the Dermatologic Society of Greater New York. He has appeared on CNN, Fox News Headline Health, ABC, NBC, Good Morning America Health, New York Daily News, and Wall Street Journal.