

JUNE 2018

marie claire

SY
MMER
YLE
SUE

WILL POT
MAKE YOU
BEAUTIFUL?

FLEEING FAMILY
FINDING HOME

TIFFANY
HADDISH
SPEAKS
TRUTH

MILY
ATAJKOWSKI
ETS
ADICAL



SKINCARE NEWS

The LITTLE BLACK BOOK of SPF

Women may slip each other the number for an amazing colorist or share their favorite lipstick shade, but sun-protection strategies never seem to make the rounds. And that's a shame, because this intel is more than a shortcut to enviably smooth, unspotted skin—it's information that could potentially *save your life*. So let's start talking more about sun care, beginning right now, with *MC*'s guide to the latest news and products, including 15 summer hacks from influential women who have the whole sunscreen thing figured out *By* GINA WAY

1. Get into the K-beauty multistep habit. Alicia Yoon, founder of Peach and Lily, layers on her sun care. "I tend to get dark spots easily, so I'm diligent about always using plenty of protection," she says. "After cleansing and toning, I apply an antioxidant serum to neutralize free radicals caused by UV exposure and pollution, then layer on Lagom Cellus Sun Gel with SPF 50, and finally put on a CC cream that also has SPF."

2. Make mineral sunscreen look less pasty. To prevent mineral-based SPF's from leaving behind an ashy film, don't rub them on in a circular motion. (That can cause the tiny protective particles to build up in certain spots.) "Use a straight, single-direction movement, like from your nose toward your ear," suggests Heidi Waldorf, M.D., a dermatologist in Nanuet, New York. "And don't try to put it all on at once. Apply a thin layer and let it sink in before adding more."

3. Pick a formula that doubles as a hair styler. Mona Gohara, M.D., a dermatologist in Connecticut, says a powder sunscreen dusted along your part will prevent scalp burns and



11. Sneak protection in, layer by layer.

Dermatologist Sandra Lee, M.D.—a.k.a. @drpimplepopper—makes sure that most of the products she applies daily include sun protection: “I slather on moisturizer with SPF 15, use a primer and foundation with sunscreen, and then top it with a powder SPF.”

12. Remember the small spots. When she’s packing for a day at the beach, Gohara wraps her hair elastic around the sunscreen tube instead of her wrist. “When I put my hair up, it’s a reminder that I need to apply sunscreen to the newly exposed spots, like my ears and the back of my neck,” she explains.

13. DIY a cushion compact for SPF touch-ups. Soko Glam cofounder Charlotte Cho uses Missha’s tinted cushion compact with SPF throughout the day, but if you don’t want to wear makeup, she says, you can make your own sunscreen compact: Use tweezers to remove the sponge insert from an old cushion compact and clean it with an

oil-based cleanser. Fill the empty pan with a liquidy sunscreen—Missha Mild Essence Sun Milk works great for this—then replace the clean sponge. When you press on the cushion, you get a dose of (clear) SPF to dab on.

14. Wear your sun protection. “When I’m in the water, I basically live in a long-sleeve rash guard and surf leggings from Body Glove or Salt Gypsy,” says former pro surfer Holly Beck Obermeyer, founder of Surf With Amigas. “I’d rather cover up and keep the products to a minimum. Plus, I never need to reapply.”

15. Look overseas. Formulators in Asian countries have more approved sunscreen ingredients to work with, so if you haven’t found a favorite SPF in the U.S. yet, consider ordering one from Japan or Korea. (Amazon .com and Jet.com are good sources.) “The cult-favorite Bioré Sarasara Aqua Rich Watery Essence has SPF 50 and goes on light and smooth,” says MarieClaire.com beauty editor Chloe Metzger.

BEST IN SUMMER

We scouted every beach-ready product under the... well, you know. Here, our top picks for the stickiest summer situations

1. LEAST “SUNSCREENY” FACE SPF:

This barely-there lotion is as close as you’ll get to a naked face. Pat it on alone or wear it under makeup. And don’t mistake its subtlety for lack of efficacy: It’s SPF 50 and water-resistant—and hydrates skin for eight hours to boot. *Neutrogena Hydro Boost Water Gel Lotion SPF 50, \$12.*

2. BECAUSE HAIR NEEDS HELP TOO:

Chlorine, salt water, and sand are a recipe for your worst hair day ever. Rather than deal with knotty, rough strands post-swim, prep in the shower with this conditioner, which deposits an imperceptible film of UV-absorbing dimethicone to shield hair all day. *Macadamia Professional Endless Summer Sun & Surf Conditioner, \$20.*

3. SLACKER’S BEST FRIEND:

If you had a little too much fun at the festival on Day 1 and ended up with a sunburn, apply this on Day 2. The formula is enriched with colloidal oatmeal to quell redness and relieve that tight, itchy sensation that makes getting dressed feel like your own personal hell. *Aveeno Protect + Hydrate Lotion SPF 70, \$11.*

4. FOR MULTITASKING MOMENTS:

When your hands are too busy to rub in sunscreen (because you’re scrolling



ROAD TEST HIGH-TECH SKIN CHECK

THE DEAL: During a traditional skin-cancer screening, your dermatologist eyeballs moles to determine which may be cancerous. While some are obviously problematic or benign to a trained eye, the questionable ones that fall somewhere in between are harder to assess. Enter Nevisense (scibase.com), a new FDA-approved, noninvasive device that emits electrical impulses to read cellular irregularities beneath the skin, giving your doctor hard data to work with.

THE TRYOUT: New York City dermatologist Gary Goldenberg, M.D., is one of the first doctors in the States to use Nevisense, and he said I’d be a good candidate for the service. (My family has a history of skin cancer, and I’ve already had one mole removed.) The screening process took about five minutes, and the electrode was barely noticeable; it felt sort of like someone was pushing a pen cap into my skin with really light pressure. Goldenberg explained that the device scores every mole between 0 and 10, and those that score under 2 are benign 98 percent of the time. Most of my moles were fine, but a small one on my back got a 4, meaning the chance it was benign dropped to 91 percent. Those odds are pretty good, but the doctor and I decided it was worth removing and biopsying. The mole turned out to be dysplastic—meaning it was abnormal but not cancerous. It may have been fine to keep monitoring it, but now I never have to worry about it.

THE VERDICT: Nevisense isn’t covered by insurance (and screenings cost about \$250), but if you’re someone like me with a lot of moles or a family history of skin cancer, it could be a valuable—and maybe even lifesaving—tool. —Sara Spruch-Feiner

Instagram, riding a bike, eating Cheetos—or maybe all three), reach for this unscented, easy-to-swipe-on stick. *Alba Botanica Fast Fix Sun Stick SPF 30, \$9.*

5. IF “EXHIBITIONIST” IS YOUR

MIDDLE NAME: This sunscreen gel infused with colorful glitter (there are three shades) may not be for everyone, but there is a benefit to all that sparkle: You’ll know right away if you missed a spot when applying. *Unicorn Snot Glitter Sunscreen SPF 30, \$24.*

6. FOR OLYMPIC-LEVEL SWEATING:

The all-star ingredient in this stay-put sunscreen formula is perlite, a volcanic mineral that can absorb more than two times its weight in water and oil. The lotion gets extra points because it doesn’t sting, even if you’re a sensitive-skin type. *La Roche-Posay Anthelios 60 Sport Activewear Lotion Sunscreen, \$30.* —Taylor Glynn

For information on where to buy, see Shopping Directory.