

Summer-lovers rejoice! Solar protection is hitting an all-time high with new Aussie standards kicking in. Meet SPF 50+ and the next-gen sunscreens blocking UV with extra brightening, age-fighting power

BREAKING possibly the biggest skincare headlines of the year, sun protection has just been given the green light to punch above SPF30+ in Australia.

Yep, just like the tubes you spotted in the chemist in Santorini that time, sunscreen creams, lotions and sprays stamped 50+ are officially beach-tote standard issue starting now. Music to our (strictly SPF-ed) ears!

Call it a cue to trade up – but this is no free pass to ditch the beach umbrella, stretch out minus your

straw hat and bake yourself on the sand like it's the 70s... The new 50+ 'screens shield up to 98 per cent of ultraviolet rays, but radiation and sunscreen biochemist Dr Kerryn Grieve warns it only counts as coverage if you put enough on.

"Australians only apply about a third to a half of what they should," she says. "You need around 40ml, or a shot glass-full for each application – that's a teaspoon per limb. Then during a beach day you still need to apply this amount at least four times."

ANTI-AGEING UPPERS

THE true skin win of the new SPF standard is an increased focus on shutting out UVA radiation. "New regulations mean all sunscreens labelled broad spectrum must be comprised of at least a third of UVA defence – a big leap up on the levels required before," explains Dr Grieve. "This is important as, while surface burns from UVB are definitely bad for your skin, we now know it's the small amounts of everyday UVA exposure that build up and lead to premature ageing, wrinkles, dulling pigmentation and skin cancer." Broad spectrum = best skinvestment of the season!

WHAT'S THE DEAL WITH VITAMIN D?

WE'RE glad you asked – low D levels are no excuses to skip SPF. "Studies show wearing sunscreen doesn't inhibit vitamin D metabolism – increasingly indoor lifestyles are turning some people deficient," says dermatologist associate professor Greg Goodman. "To safely raise levels back up and improve immune, cardiovascular, reproductive and kidney systems, I recommend taking a supplement." ▶

SMART VITAMIN D HIT BioCeuticals D3 Capsules, \$10.65 for 60 (1300 650 455)



SUNSCREEN WITH BENEFITS

HAVING dewier, glowier, healthier skin all summer isn't just about higher factor – we're also upgrading to new sunscreen-plus-treatment specialists. "Antioxidants in sunscreens are really useful to mop up any sun damage that may get through," states Prof Goodman. "They also help repair damage from UVB rays, so top them up by drinking antioxidant-rich green tea and eating apples to help tone down sunburn."

BIKINI ON, SHIELD UP!

GREAT OUTDOORS 1. **Ella Baché** Great 50+ Sportsbloc Active, \$69 for 375ml (www.ellabache.com.au) A fruity cocktail of antioxidant pomegranate, cranberry, grape seed and macadamia-nut oils – plus squalene for super-moisture.

POOLSIDE PICK-UP 2. **Neutrogena** Wet Skin SPF30+ Sunscreen Spray, \$14.99 (1800 029 979) A quick-shot spritz that grips to soaked skin for your post-swim top-up.

QUICK DRY 3. **Banana Boat** Dry Touch Sport SPF50+, \$21.99 (www.bananaboat.com.au) Dries down to a smooth finish at lightning speed.

UNDER FOUNDATION 4. **Invisible Zinc** Face & Body Sunscreen SPF30+, \$19.95 for 75g (1300 738 850) All in order: "Let moisturiser soak in before layering on sunscreen – mixing could downgrade your SPF," instructs Dr Grieve. Then make with the makeup.

SENSITIVE TYPE 5. **La Roche-Posay** Anthelios XL Extreme Fluid SPF50+, \$25.95 (www.laroche-posay.com.au) Non-greasy, gentle and safe for reactive or oily skin.

MIMICS MAKEUP 6. **SunSense** Daily Face Broad Spectrum 50+ Invisible Tint Finish, \$13.99 for 75g (1800 033 706) Oil-free, tinted and spiked with vitamin B3 and E to correct skin texture and tone.

ADD TO FOUNDATION 7. **dermalogica** Solar Defense Booster SPF50+ (available from February), \$63 for 50ml (www.dermalogica.com/au) Feels super-light under daily foundation, plus vitamins C and E cut free-radical damage.

BOOSTER SHOT 8. **Skinceuticals** C E Ferulic, \$198 (1800 242 011) Dials up skin's natural protection against photo-ageing by eight times and rebuilds collagen. Works alongside your 50+.

TOP DRAWER 9. **Clarins** Sunscreen Control Screen for Face SPF30+, \$35 for 75ml (02 9663 4277) Shield up before hitting the park for lunch. ■



'Dewier, glowier, HEALTHIER summer skin isn't just about higher factor – we're upgrading to multi-tasking TREATMENT specialists...'

