What to Wear NOW! & INTO FALL!
90 BEST NEW FALL SHOES!

BRING YOUR HAIR BACK TO LIFE
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ZOOEY!
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10 WAYS TO
Sunproof Yourself

1. Go Beyond Shades
Wearing broad-spectrum sunglasses to filter UVA and UVB rays? Good start. But you will still need SPF around your eyes to guard delicate skin against rays that cause everything from crow’s-feet to macular degeneration, says New Jersey ophthalmologist Richard Norden. SkinCeuticals Physical Eye UV Defense SPF 50, $30; skinceuticals.com.

2. Back Up Your SPF
No matter how diligent you are with sunscreen, free radicals can sneak past. These capsules contain antioxidants from a botanical extract “that can be used to enhance protection from damaging free radicals along with your sunscreen,” says New York dermatologist Joshua Zeichner. Pop one with your morning coffee pre-fun-in-the-sun time.

3. Sound the Alarm
Yes, all unprotected sun exposure is a risk. But the threat gets steeper when the UV index soars. The EPA’s free app, customizable to your location (and its ozone-depletion level), identifies red-zone days, when dermatologists say it’s critical to apply—and reapply—SPF 30 or higher every two hours.

4. Save Your Strands
Do you really need sunscreen for your hair? Yes. Hair is dead, so the strands obviously can’t get cancer, but any chemical or color treatment can be damaged by UV light, says Boston dermatologist Emmy Graber, who recommends using a product with both UV filters and antioxidants. For coverage with a kick, saturate damp strands with the UV protectant-styling cream above and twist into a bun.

5. Choose Wisely
Nobody wants to wear SPF if it gives us Kabuki face or breakouts. To find the right match for your skin, Dr. Graber suggests first trying a mineral version (we like the highly blendable Elta MD formula). Not only do such physical blocks offer the best defense, but they’re easier for sensitive skin to tolerate than easily absorbed chemical SPF. If you have dark skin and find that mineral products with zinc oxide or titanium dioxide leave an ashy cast, a chemical SPF (like La Roche-Posay’s Anthelios 60) won’t.