Your Summer Starts Here!

Our Crazy-Fast Plan to Get...

Fit. Strong. Lean.

+ POWER FOODS
- More Energy
- Better Sleep
- Less Stress

Beauty Awards
Feel Fab at Work, the Gym, Anywhere

HOT ABS
4 Moves for Real Results

Wake Up Happy
Try These Easy Mood Boosters

Avengers: Infinity War star Zoe Saldana on why she feels “bolder, braver, and super inspired”

25 Awesome Swimsuits
(Every Body! Every Budget!)
FYT: an estimated 90% of skin aging is caused by the sun. Lather up before you dive in!

THE CLAIM | Consistent sunscreen use prevents you from getting your daily dose of vitamin D from good old sunshine.

THE REAL DEAL | This is sort of true, since sunscreen prevents UVB rays (which cause a reaction that results in vitamin D production) from reaching your skin cells. But before you run outside sans SPF, know this: There are other means of soaking up vitamin D. “You shouldn’t skip sunscreen in an attempt to get D,” says Emmy Graber, M.D., a dermatologist in Boston. Instead, obtain it through your diet or a supplement. It’s available in only a few food sources—like fatty fish, including salmon and mackerel, and egg yolks—so consider a supplement that contains at least the recommended daily value of 600 IU. If you’re worried about a vitamin D deficiency, which can result in loss of bone density, your primary-care doc can check your levels with a quick blood test.

THE CLAIM | In addition to UV, other forms of light, like blue light from phones and devices and infrared rays emitted by said devices, are giving you wrinkles and dark spots.

THE REAL DEAL | Yes, blue and infrared light might (might?) lead to skin aging, according to studies. But the exact extent is still TBD. In fact, says Graber, both wavelengths can actually be beneficial in a controlled setting. Case in point: Derms tend to use these types of light in-office to treat acne and other skin issues. (Again, that’s in the hands of a professional.) Still nervous? New sunscreen formulas, like Coola Organic SPF 30 Full Spectrum 360° Sun Silk Drops ($46, sephora.com), protect against all wavelengths of light, including UV and infrared. Graber also recommends antioxidants, particularly vitamin C and ferulic acid, because “they make your skin cells stronger and more robust against damage.” Apply an antioxidant serum like Drunk Elephant C-Firma Day Serum ($80, sephora.com), which pairs C and ferulic acid, twice a day.
**THE CLAIM** Certain chemical sun blockers in sunscreens, like avobenzone and oxybenzone, are the worst—they break down into toxic particles and mess with hormones.

**THE REAL DEAL** Slow your roll! First, these sun-absorbing chemical ingredients are some of the best around for broad-spectrum coverage, meaning they protect skin from both UVA and UVB rays, says NYC dermatologist Kristina Goldenberg, M.D. Plus, the evidence for this claim is sparse, and the amounts of chemicals studied aren’t the same as what you’re applying to your skin—or even what’s tested on humans. One report did the math and found it would take nearly 380 liters of sunscreen containing oxybenzone to reach the point of potential harmful effects. What’s more, sunscreens with these sun blockers, like La Roche-Posay Anthelios 60 Face Ultra Light Sunscreen Fluid ($30, at drugstores), come widely recommended by derms. Ultimately, the risk for skin cancer is way higher than the still-unconfirmed risk (if any) of these chemicals—it’s not worth sacrificing your skin health on speculation.

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**What’s the Deal with Natural Sunscreen?**

Natural sunscreen—aka mineral sunscreen, or physical sunscreen—contains ingredients like zinc oxide and titanium dioxide, which sit on the skin’s surface to create a barrier and reflect the rays. It’s a means of protection different from chemical sunscreens, which sink into your skin and actually absorb the UV rays instead of allowing your skin to do so. Each has its merits. Natural sunscreen tends to be more effective at blocking sunlight in general, says Goldenberg. (We like Farmacy Green Screen Daily Environmental Protector Broad Spectrum SPF 30 mineral sunscreen, $35, sephora.com.) But chemical sunscreens are great if you’re going to be active, sweat a lot, or spend time in the water. (Try Shiseido Ultimate Sun Protection Lotion WetForce SPF 50+, $45, shiseido.com.)
4

**The Claim** A higher SPF number isn’t always better, so it doesn’t matter which one you purchase.

**The Real Deal** Higher SPFs really may be more powerful, per the latest data. A sunscreen with broad-spectrum SPF 100 was significantly more protective against sunburn than one with SPF 50, a study found, indicating that the higher the SPF number, the better. (The research didn’t address the effect on skin-aging UVA rays.) So if you burn easily, it may be worthwhile upgrading to SPF 100, like Neutrogena Ultra Sheer Dry-Touch Sunscreen Broad Spectrum SPF 100+ ($13, at drugstores). But note: No matter how high the SPF, you still need to reapply every two hours and after you sweat or swim, says Goldenberg.

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5

**All-Star Sunnies**

Your skin isn’t the only thing that needs protection from the sun’s rays. These new shades will keep you covered all season long, from pool chairs to bike rides.

1. **Seeclearly**
   - Amberly your world with the advanced polarized lenses.
   - Smith, $169, smithoptics.com

2. **Performance-Based**
   - All-purpose for the runners, bikers, boaters, and beachers.
   - Roka, $170, roka.com

3. **Forget Menot**
   - A latch ensures you never lose your glasses (just clip to your clothes).
   - Oakley, $175, oakley.com

4. **Sky-High**
   - The lens shade fades from green to blue, but the safety is solid.
   - Ray-Ban, $188, ray-ban.com

5. **Baby Blues**
   - This pair eliminates 99 percent of glare and enhances colors (insta filter glasses).
   - Maui Jim, $229, mauijim.com

6. **Mirror, Mirror**
   - Don’t let the brand name fool you; these provide 100 percent UV protection.
   - ZeroUV, $19, shop.zerouv.com

7. **Cat-Eye**
   - Yes, you can still look glam while making a smart vision choice.
   - LeSuns, $60, lespecs.com