

Escape Stress! Travel Adventures to Recharge You

AUSTRALIAN **Women's Health**

**FLAT
SEXY
STOMACH**

**EIGHT ULTIMATE MOVES
TRAINERS SWEAR BY...**

6 Better Sex
Strategies
You Can Try
Tonight *p82*

You + Alcohol
**Drink Smarter
& Stay Healthy**

**SUMMER
BONUS!**

**Get a
Red Hot Body**

**THIS ISSUE WILL FIRE UP YOUR FITNESS,
CONFIDENCE, PARTY STYLE & SEX LIFE**

**Fight
Fat with
Food**

**No Cravings
No Crankiness
Just Results**

**SURVIVE
CHRISTMAS!
Foolproof
Feast
Recipes**

**Defuse
Family
Bust-ups**

**Low-kJ
Party
Snacks**



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Heat warning!
This issue may
spontaneously
combust

Feel the
burn

Screen your cream

Outsmart the sun – some sneaky
suncare truths you need to know

Slathering on sunscreen is the best way to ward off evil rays, but don't put blind faith in its efficacy. While any sunscreen in Oz with an SPF of 15 or higher must have its ingredients approved by the Australia New Zealand Therapeutic Products Agency, different ingredients have their own pros and cons. So choosing the right sunscreen could well be as important as deciding which Ryan to marry – Gosling or Reynolds (read: very).

Did you know a form of vitamin A is added to some sunscreens to minimise the ageing effects of the sun? Sounds harmless, but potentially it's not: researchers with the US National Toxicology Program say that retinyl palmitate – a vitamin-A compound used in some sunscreens – may actually speed up the development of skin cancer-related tumours and lesions when used on skin exposed to sunlight. Lab mice coated with a vitamin A-laced skin cream and exposed to the equivalent of just nine minutes of midday sun every day for a year developed tumours and lesions

up to 21 per cent sooner than animals coated in vitamin A-free block.

While there's some disagreement in the medical community about whether or not vitamin A has this same effect on humans, proceed with caution: "If there's a question about the safety of something, avoid it," recommends dermatologist Dr Robert Friedman. "Many sunscreens don't have retinyl palmitate." Try Le Tan Classic Lotion SPF30+, \$9.99 [1]; or SunSense Clear Mist SPF30+, \$12.99 [2].

Vitamin A isn't the only controversial ingredient slipped into SPF. Oxybenzone ▶



23
PERCENTAGE
OF AUSSIE
WOMEN WHO
HAVE HAD
A FULL SKIN
CHECK IN
THE PAST
12 MONTHS
SOURCE: 2010-11
NATIONAL SUN
PROTECTION SURVEY

and octinoxate, common block chemicals, have been linked to allergic contact dermatitis and photocontact dermatitis (irritation caused when certain chemicals are on skin that's exposed to sunlight), as well as hormone disruption in lab mice.

In practice however, "allergic contact dermatitis is not that high considering their widespread use," says WH dermatology advisor Dr Elizabeth Dawes-Higgs. "Problems are more likely if there is an impaired skin barrier such as in dermatitis."

Remember: sunscreen expires

If you pull a half-empty, sand-caked tube of last summer's sunscreen out of your beach bag, check the expiration date before you use it. Most sunscreens are designed with specially-formulated stabilisers that protect its potency for up to three years – but that's assuming you didn't let it sunbake for days in the back of your car. "Leaving sunblock in intense heat for a prolonged amount of time may make it less effective," warns GP Dr Mitchell Chasin. So store sunblock in a cool place, and while you're at the beach, keep it in the shade.

Check your meds

"Medications such as tetracyclines and isotretinoin (used in acne medications), along with some antidepressants and even some herbal medicines (including ginkgo biloba and St John's Wort) can increase risk of a sunburn," says Dr Dawes-Higgs. "This means you need to be extra careful and take other sun protection measures." Yep, whack on a hat, cover up at the beach and choose a broad-spectrum sunscreen that blocks both UVA and UVB rays, like Shiseido Ultimate Sun Protection Cream SPF 30+, \$54 [3]; Ella Baché Great 30+

Facesaver, \$39 [4]; or Neutrogena Ultra Sheer Body Lotion SPF30+, \$17.99 [5].

Food can boost protection

One more reason to load up on lycopene-rich fruits and vegies like guava, pink grapefruit, watermelon and tomatoes: a 2010 study published in the *British Journal of Dermatology* found this potent antioxidant can act as a sunscreen from within. Women whose diets included 16mg lycopene every day (about two cups of diced watermelon) for 12 weeks showed a reduction in the damaging effects of UVA and UVB rays, including sunburn and cellular damage. Tomatoes are the richest source of the antioxidant, especially when cooked (heat releases more lycopene). No, this doesn't mean you can skip sunscreen – fruit and veg boost SPF, not replace it.

Forget make-up with SPF

Make-up and daily moisturisers with SPF will protect your skin – but only if you reapply every 90 minutes, says dermatologist Dr Darrell Rigel. Seriously, who's going to do that... unless you're Katie Price? What's more, it can be hard to determine just how much UVA protection these products are really offering. Any product with an SPF greater than 8 must offer some UVA protection, says Dr Dawes-Higgs, however "UVA protection is extremely hard to measure".

So use moisturiser and make-up as an extra layer of protection: always apply a lightweight, broad-spectrum sunscreen – such as Clinique City Block Sheer Oil-Free Daily Face Protector SPF 25, \$36 [6]; or Nivea Sun Light Feel Daily Face Veil SPF30, \$10.99 [7] – first. Think of it as an insurance policy for your face.

RAY BAN

The SPF number shown on the bottle refers only to a sunscreen's ability to block those sunburn-inducing UVB rays, not to be confused with UVA rays – the ones that cause wrinkles (excessive exposure to both rays can lead to skin cancer). The Standards Australia committee is currently considering increasing the amount of UVA that is filtered out in broad-spectrum sunscreens so that it is at least equivalent to one-third of the labelled SPF. In the meantime, check your bottle for one of these UVA-blocking ingredients:

TITANIUM DIOXIDE OR ZINC OXIDE

These ingredients are famous for their UVA blockage, and new formulas won't leave you with a Casper-like film on your face. Try Invisible Zinc Environmental Skin Protector, \$35 [8], with zinc oxide, or Avène Very High Protection Sunscreen Cream SPF30+, \$24.95 [9], which contains both titanium dioxide and zinc oxide.

AVOBENZONE (AKA BUTYL METHOXYDIBENZOYL METHANE)

This common UVA fighter is among the most effective chemical-based blockers. Try Banana Boat Everyday Sunscreen Lotion SPF30+, \$14.99 [10], or Hamilton Everyday Face Invisible Shield SPF30+, \$12.95 [11].

ECAMSULE (AKA MEXORYL SX)

Patented by L'Oréal, this chemical ingredient is 3.8 times more protective than avobenzene. Try L'Oréal Paris UV Perfect Classic SPF 30+, \$17.95 [12], or Cetaphil UVA/UVB Defence SPF 30+, \$19.45 [13].