



DOCTOR'S ORDERS!

Follow these sun-care rules from New York City-based dermatologist Dendy Engelman, M.D.

Make sunscreen an everyday habit.

Incidental sun exposure, even just 15 minutes a day, adds up over time and can cause significant sun damage and premature aging.

Aim higher.

Look for products with SPF 50 or greater. And if you use SPF 30, slather it on.

Remember your chest and neck.

Always apply sunscreen to these two areas. They're the first places to show signs of aging.

Reapply religiously.

Apply sunscreen every two hours when you're out in the sun, and more often if you're sweating or in the water.

Cover up.

Most regular clothing does little to protect your skin from the sun. If you're spending time outdoors, look for garments with UPF (ultraviolet protection factor) ratings.

Wash off.

Before you hit the sheets, wash your face. Leaving sunscreen on your skin can lead to clogged pores and breakouts.

Ree says:

I keep a lightweight scarf in the car to protect my neck and chest in case I wind up driving into the sun.



I like a foundation with sunscreen to give my face and neck an added layer of protection.



I wear clothing that's lightweight enough that I can still wear longer sleeves.



I try to work in the garden in the early morning and early evening to avoid the high sun.



How much is enough?

To fully cover your face and body, you'll need enough sunscreen to fill a shot glass, about 1½ ounces.

LOVE YOUR LOCKS!

Safeguard your hair with these protective treatments.



Fekkai Pre-Soleil Hair Mist, \$20; target.com

Rinzu Protect Spray, \$28; 7haircare.com

Vault Color-Lock Conditioner, \$19; loveamika.com

Know the Lingo

Mineral Sunscreen

These sunscreens (also called "physical" sunscreens) sit on top of the skin, creating a barrier that helps deflect the sun's harmful rays. Because they're made with minerals, like zinc oxide and titanium dioxide, they tend to be thicker and can leave a white cast, but they work immediately and are less likely to irritate sensitive skin.

vs.

Chemical Sunscreen

These traditional sunscreens penetrate the skin's surface and absorb (rather than block) UV rays. These sunscreens are popular for being easy to blend, but they need at least 20 minutes to sink in before you go out in the sun. You'll know you're using a chemical formula if the bottle lists ingredients ending in -salate or -benzone.

Cover up with a cute baseball cap!



Daisy Floral Baseball Cap, \$30; earthologie.etsy.com



Oklahoma Non-Distressed Trucker, \$28; monogramminglife.com



Drummond Ranch Hat, \$16; themercantile.com