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SPECIAL REPORT

CAN YOU STOP AGING?

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the truth*

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WHY THE SUN IS TIED TO AGING

Some changes in skin due to aging are inevitable—some are not. “Photoaging from UV radiation exposure is the primary cause of extrinsic skin aging,” says Las Vegas plastic surgeon Goesel Anson, MD. “That means that it is largely preventable. There’s plenty of evidence to show that protecting skin from UV rays will improve its health and appearance with age. The ease of sunscreen use and the effects on skin make nonuse of it a mystery.”

physical
sunscreen
reflects
the rays

BEHIND THE TERM “BROAD-SPECTRUM”

One of the most confusing things about sunscreen is “UVA-versus-UVB.” Sunlight consists of two types of harmful rays that reach the earth: ultraviolet A (UVA) rays and ultraviolet B (UVB) rays. Overexposure to either can lead to skin cancer, which is why you need to wear “broad-spectrum” sunscreen, which protects you from both, and reapply it often. The two types of rays are responsible for different, yet equally sinister skin-damaging things.

UVA RAYS: CAUSE AGING

These can prematurely age your skin (think A equals aging), leading to wrinkles and age spots. These are also the sneaky ones that can pass through window glass.

UVB RAYS: CAUSE BURNS

These are the primary cause of sunburn and are blocked by window glass, which is why you don’t get burned while driving. UVB rays also stimulate melanocyte cells to produce more melanin, which shows up as a burn, tan, freckle, brown or age spot, or hyperpigmentation.

chemical
sunscreen
absorbs
the rays

>> FOR MORE NEXT-LEVEL SUNSCREENS, VISIT NEWBEAUTY.COM/NEW-SUNSCREENS

THE BIGGEST MYTHS ABOUT SUNSCREEN

IS MAKEUP A RELIABLE WAY TO GET GOOD SUN PROTECTION? DO YOU NEED TO GO OUT IN THE SUN TO GET YOUR VITAMIN D? WE ASKED THE EXPERTS FOR THE TOP MYTHS WHEN IT COMES TO SUNSCREEN.

INSIDE TIP

Dr. Goldfaden says that if you opt for a cream SPF, you should reapply it often. "Sunscreen sometimes breaks down in the sun, washes off or rubs off on towels and clothing. Reapply every hour when in direct sunlight for proper protection."

MYTH 01

YOU DON'T NEED TO APPLY EXTRA SPF IF YOUR MAKEUP HAS IT.

"Sunscreens don't work if you rely on your makeup or moisturizers," says Dr. Anson. "The majority of users significantly underestimate their protection."

MYTH 05

THE INGREDIENTS IN SUNSCREENS CAN PUT YOUR HEALTH AT RISK.

The ingredients in sunscreens get a lot of scrutiny, but the AAD stands by this one: Scientific evidence supports the benefits of using sunscreen to minimize short-term and long-term skin damage. Preventing skin cancer and sunburn outweigh unproven claims of toxicity or human health hazard from ingredients in sunscreens.

MYTH 04

DARKER SKIN TYPES ARE IMMUNE TO SKIN CANCER.

Darker skin is not immune to skin cancer, and because of this belief, many non-Caucasians are diagnosed with later, harder-to-treat stages of the disease.

MYTH 02

YOU NEED TO GO OUT IN THE SUN TO GET YOUR VITAMIN D.

"The sun does provide vitamin D, but most people, when out in the sun, overdo it," says Dr. Shapiro. "You can obtain vitamin D from vitamins and supplements to meet your daily requirements."

MYTH 03

A HIGHER SPF EQUALS MORE PROTECTION.

Regardless of the number, there is no sunscreen that can protect 100 percent of the sun's rays (an SPF of 30 protects 97 percent). Also, according to the AAD, lower-number SPF's last the same amount of time as higher ones.

THE DOCTORS DEBATE: WHICH FORMULATIONS DO YOU RECOMMEND?

Sunscreen preference—especially where formulation is concerned—can be personal. We asked doctors which ones they feel offer the best protection.

CHOOSE CREAMS + LOTIONS

Dr. Shapiro: "I recommend wearing at least SPF 30 to make sure that you are getting full protection. Certain areas are more sensitive, however, and certain areas tend to sweat more, which can lead to accelerated sunblock run-off. Oils attract more sun compared to lotions and creams, so I never suggest those."

COVER UP + SPRAY AWAY

Dr. Goldfaden: "Wear clothes. Shirts, hats, shorts and pants provide the best protection from UV rays, but for sunscreen, go with a spray. Studies show that the particles in spray are so small, allowing them to evenly coat the uneven surface of the epidermis better than creams."



STAY STYLISH IN THE SUN

Mott 50 Annie Tunic with Embroidery,
\$158, mott50.com

THE REAL DEAL ON THE NEW REGULATIONS

LOOK FOR THE ENTIRE ACTIVE SUNSCREEN INGREDIENTS SPECTRUM TO GO THROUGH SOME CHANGES IN THE NEAR FUTURE, THANKS TO THE SIGNING OF THE SUNSCREEN INNOVATION ACT BY CONGRESS AT THE END OF LAST YEAR.

ON THE HORIZON

Under the Act, the FDA will do a review of all sunscreen actives to make sure they are safe and effective, as well as evaluate new ingredients that may get the OK to enter the U.S. marketplace for the first time.

NEW INGREDIENTS?

Bemotrizinol, a chemical sunscreen ingredient that absorbs both UVA and UVB rays, is more photostable than similar ingredients in its category, plus, it doesn't degrade in sunlight. It's currently available in Europe and Australia, and, if it's OK'd and deemed as safe by the FDA, it could pop up in U.S. products in the future.

SPF STANDARDS

There might be a new SPF limit. According to Dr. Shapiro, currently, the FDA has pending regulations preventing sunscreens from being labeled as anything more than SPF 50. "I have been seeing changes in the way sunscreens are labeling their protection level. More brands are now labeled as 'SPF 50+' rather than 'SPF 65.' If the FDA approves this, you can expect to see more products using this wording."

BUT, SOME DOCTORS HAVE DOUBTS...

"Unfortunately, the long-awaited new FDA labeling requirements for sunscreen are somewhat disappointing," says Dr. Anson. "The old SPF labeling provided information for UVB only; the new labeling requires UVB and UVA protection for a 'broad-spectrum' label. But, we still don't know how well products deliver UVA protection."

Drug Facts

| Active Ingredients | Purpose |
|-----------------------------|---------|
| Avobenzone 3% | UVB |
| Homosalate 10% | UVB |
| Octyl methoxycinnamate 7.5% | UVB |

Uses
helps prevent sunburn
as directed with
this product

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TREND ALERT

SPF MAKEUP SPRAYS

One trend we've been seeing a lot of recently is makeup sprays. These last-step-in-your-routine products are intended to go on over your makeup as more of a mist, making them perfect for midday touch-ups and the often-neglected task of reapplying SPF.



01
ORGANIC
OPTION
COOLA SPF 30
Makeup Setting
Spray, \$36,
ulta.com



02
ANTIOXIDANT
COCKTAIL
Goldfaden MD
Sun Visor, \$45,
bloomingdales.com



03
ULTIMATE
MATTIFIER
Supergoop! Defense
Refresh Setting Mist,
\$28, supergoop.com

