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BEAUTY & HEALTH

like "all-day protection" on the packaging endangered consumers by giving them a false sense of security, since the sunscreens only shielded against burn-causing UVB rays and not the more deeply penetrating, skin-aging UVA ones.

Indeed, contrary to popular belief, a high SPF alone isn't a good indicator of a sunscreen's protective power. "SPF rates the strength of the sunscreen in terms of blocking out UVB rays," explains New York dermatologist Arielle Kauvar, M.D. "There's no standard that's been issued by the Food and Drug Administration regarding UVA protection."

Fortunately, the FDA is working on creating guidelines for measuring UVA protection. In the meantime—lawsuit or not—doctors

“Wearing sunscreen doesn't mean that you have a license to fry!”

are urging people to continue using sunscreen daily. "If you have chronic, unprotected sun exposure, your

risk of developing skin cancer increases," says Steven Wang, M.D., of the Memorial Sloan Kettering Cancer Center in New Jersey. "UVA rays damage the collagen in skin, causing it to lose firmness."

So what type of sunscreen does the best job of battling both UV rays? Pick one with an SPF of 15 or higher for defense against UVB, then check the back of the bottle for potent UVA-tackling ingredients: "Look for avobenzone (also called Parsol 1789), mexoryl, or zinc oxide and titanium dioxide," says Vermén Verallor-Rowell, M.D., a U.S.-board-certified dermatologist

based in the Philippines who has done extensive research on sunscreens. "For sensitive skin, it's better to use zinc oxide and titanium dioxide; they're hypoallergenic."

Finally, don't forget that sunscreen is only one part of a comprehensive sun-safety regimen. "Just because you have one on doesn't mean you have a license to fry!" stresses Kauvar. The reality is, no sunscreen can shield you 100 percent from UV rays. "Wearing sunglasses and hats and being in the shade are important, too," she adds—all of which will help keep your skin beautiful through the summer months and beyond. —JANE SHIN PARK

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YOU COULD WIN EVERYTHING ON THIS PAGE! SEE PAGE 170 FOR DETAILS.

HOT STUFF These five sunscreens will keep your skin safe



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