

# Sexy tan secrets

This year's suncare will make  
you look and feel so good,  
you'd be mad not to use it

{ WORDS AND STYLING KATE TURNER \* PHOTOGRAPHS JAMIE NELSON }

**T**he dilemma: you know the sun is bad for skin, you know you need to apply sunscreen – but you can't help it, you just *love* being brown. Well, we've got some good news for you. Innovations in suncare technology have resulted in a deluge of new products designed to boost your skin's natural tanning, healing and beautifying mechanisms while at the same time

protecting your skin from UV damage. We like to think of these safe, clever new products as 'suncare with benefits.' Now you no longer have to choose between protection and tanning: you can have both!

## Is the sun really that bad?

Even though the hot sun feels so good, it's causing all kinds of skin dramas. Lying on a sunlounger for just a few weeks a year will do more to visibly 'age' your skin than smoking, pollution and

genes combined. Wonder why Madonna still looks so hot at 51? Her dermatologist, Dr Brandt, keeps her stocked up with daily sunscreen. Put it this way: "Four out of five wrinkles are directly caused by sun damage alone," he says. UVB rays cause redness and burning at the surface of the skin, while more dangerous UVA rays can penetrate clouds and glass, and kick-start nasty free radicals (unstable chemicals that attack healthy skin cells) deep in the dermis of the skin. Burning ►

"I laugh in the  
face of wrinkles"

can damage the DNA of skin cells, which can eventually lead to skin cancer.

Of course, there's plenty that's great about sunshine too. It releases feel-good endorphins in the body, which help reduce stress and depression, and it stimulates metabolism, energy levels and vitamin D. "However, just 20 minutes of normal 'daylight', rather than 'sunlight', is enough to produce your daily quota – so don't

think you need to sunbathe to get your vits!" points out Victoria Smith of The International Dermal Institute. So how can we enjoy the sun without any fallout?

### **Glow givers**

Let's clear one thing up straight away: wearing sunscreen doesn't stop you getting a tan. It *will* help to stop you burning and filter some of the harmful

UV rays. In fact, the latest suncare promises you a darker, more even tan than you'd ever achieve on unprotected skin (because you'd just burn!). **Nivea Protect & Bronze, £12.55**, contains wonder-ingredient liquorice extract, which boosts the skin's natural tanning pigment (melanin) to its optimum level, so you'll bronze faster and deeper. "People still think that to get a great >

"I'm going for the glow"



tan you have to drop to lower SPF factors on holiday, but with Protect & Bronze you can stick with a high SPF and still come home with an amazing glow,” says Richard Duplock, Nivea Sun brand manager. And while we wouldn’t go so far as to say a tan is ‘good,’ it makes sense to boost your body’s melanin because darker skin protects from further UV damage by absorbing more solar radiation. You’ll find similar tan-boosting ingredients in **Korres Sweet Orange Face And Body Sunscreen Emulsion SPF25, £16**, and **Piz Buin Tan Intensifier Lotion SPF30, £16.99**. Cult brand **Institut Esthederm, products, from £29**, believes in ‘training’ the skin to adapt to sun exposure to tan more readily. All its suncare is packed with melanin boosters and promises to reveal your maximum possible suntan within one week of daily use.

## Gently does it

There are now better-than-ever choices for sensitive skin or those who want a natural, eco-friendly sunscreen. **Piz Buin Allergy Lotion SPF15, £13.99**, is a godsend for anyone who suffers from redness, rashes or prickly heat and **Simple Sun Sensitive Lotion SPF30, £8**, contains green tea to beat sun allergies.

Whereas most suncare is based on chemical sunscreens that absorb UV rays, mineral sunscreens sit on the surface of skin and ‘bounce’ light away like an invisible shield. Great for those worried about chemicals or sensitivity, the trade-off is that they often looked white and chalky and were hard to rub in. “But,” says beauty expert Liz Earle, “advances in mineral sunscreen technology mean we can now create super-sheer formulations that are much easier to apply while still offering high-performance 100%-natural sun protection”. Feel the difference with the new **Liz Earle Mineral Sun Cream SPF20, £18.50**, **Green People Sun Lotion SPF15 With Tan Accelerator, £16.75**, and **BareMinerals SPF30 Natural Sunscreen, £25**.

## Do your homework

Learn a trick from our elegantly tanned French sisters. They consider ‘sun prep’ as important as sun protection because it helps you look browner for longer and stops you going for the burn when you ➤

## Go retro

Remember when you used to oil up for the sun and every suncream smelt of coconuts? Research has shown that we still love this smell and texture as they remind us of childhood holidays. Now there are loads of retro-inspired products that combine the latest technology with fun. Check out **Garnier Ambre Solaire Golden Protect Oil SPF30, £13.99**, which contains advanced filters but makes limbs glisten like a *Baywatch* babe. We also love **Hawaiian Tropic Protective Sun Lotion SPF10, £11.99**, **Malibu Protective Sun Lotion SPF15, £3.49**, and **Estée Lauder Bronze Goddess Sun Indulgence Lotion For Body SPF30, £20.50**.



## Up the anti

“Antioxidants help prevent free-radical damage caused by sun exposure and may help skin repair itself too,” explains consultant dermatologist Dr Jennifer Jones. “Good ones are green tea, vitamins C and E, flavonoids such as soya and resveratrol, found in grapes and red wine.” she says. The most powerful, easily absorbed antioxidants found in suncare normally bump up the cost but they’re worth it. Fab buys are **Lancôme Génifique Sôlail Face Cream and Body Milk, £22.50 each**, **Clinique Sun SPF15 Face And Body Cream, £17**, and **Kiehl’s Ultra Light Daily Moisturizer SPF50, £40**.



"Does anyone have a towel?"



## Cosmo's TOP PICKS

**BEST  
TAN BOOSTER**  
Nivea Protect  
& Bronze,  
£12.55

**BEST SUN  
PREP**  
Imedeen Tan  
Optimizer,  
£39.95

**BEST  
ANTIOXIDANTS**  
Lancôme  
Génifique Soleil  
Face Cream,  
£22.50

**BEST OIL**  
Garnier Ambre  
Solaire Golden  
Protect Oil,  
£13.99

**BEST FOR  
SENSITIVE  
SKIN**  
Piz Buin Allergy  
Lotion, £13.99

**BEST RETRO**  
Malibu  
Protective  
Sun Lotion,  
£3.49

hit the beach. Try applying your melanin-boosting suncream a few days before your holiday to kick-start the process. **Dior Capture Totale Global Anti-Aging Tan Activator, £79**, is great to use all year round as it repairs damaged cells and activates melanin. **Decléor Aromessence Solaire Tan Activator Serum For Body And Face, £42**, is 100% natural and full of skin-strengthening essential oils. Nutritional supplements can make your tan last longer and prevent burning, especially useful if you accidentally

miss a bit with suncream. *Cosmo* loves **Imedeen Tan Optimizer, £39.95**.

### Be sun-smart

Whereas excessive sun exposure will mainly ruin your looks, "Burning also significantly increases the risk of the deadly skin cancer melanoma," says Dr Jones, so you must stay on burn-watch. Avoid the midday sun, wear a hat and apply more sunscreen than you think you need, and more often. "Most problems are caused by people not

applying sunscreen regularly enough, so make sure you take plenty with you on holiday," says Victoria. New advice recommends exfoliation as part of your suncare strategy. "Regular exfoliation renews the top layers of the skin, helping eliminate damaged cells from the body," adds Victoria. Make a habit of body buffing little and often to keep your skin not just smoother, but healthier too. "It's your choice whether you tan," she says, "but the most important thing to remember is to never, ever burn." ♦

HAIR AND MAKEUP: DAN GUINBERG AT WWW.ONEMAKEUP.COM USING BUMBLE & BUMBLE AND SUE DEVITT PRODUCTS. MODEL: SAMANTHA BASALARI AT FORD. SHOT ON LOCATION AT THE ZOËTRY AGUA PUNTA CANA, DOMINICAN REPUBLIC. WWW.ZOETRYRESORTS.COM. FIRST PAGE: DRESS, ACCESSORIZE. PARASOL, VINTAGE. SECOND PAGE: SWIMSUIT, ELIZABETH HURLEY BEACH. BRACELET, TATEOSSIAN. THIRD PAGE: BIKINI, MELISSA ODABASH. NECKLACE, TATEOSSIAN. LAST PAGE: BIKINI, MELISSA ODABASH. TOP, UZOO. FOR STOCKISTS, SEE WHERE TO SHOP PAGE