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**THE
INVESTMENT
SWIMSUIT:
WHY YOU
SHOULD
SPEND BIG**

CHARLIZE THERON

**"I HAVE NEVER LOVED AN AGE
MORE THAN MY 40S"**



From left: Drunk Elephant Umbra Tinte Physical Daily Defense SPF 30 (\$44); Neutrogena Hydro Boost Water Gel Sunscreen SPF 50 (\$20); La Roche-Posay Anthelios XL Dry Touch SPF 60 (\$29); Felix & Ambrosia Sunny Daze CBD Sun Cream SPF 30 (\$14.50); Coola SPF 50 Mineral Sport Sunscreen Stick (\$39); Coppertone Clearly Sheer Whipped Sunscreen SPF 50 (\$10); Avène Complexion Correcting Shield SPF 50 (\$35)

Clearly Sheer Whipped Sunscreen SPF 50, which spreads on skin smoothly, much like the creamy dessert topping it conjures up, and disappears almost immediately.

Trending ingredients (and topics) are also influencing sunscreen formulation. Sunny Daze CBD Sun Cream, from British brand Felix & Ambrosia, features industrial-hemp-derivative CBD oil (known for its anti-inflammatory properties) and glitter—the shimmering flecks come from plant cellulose, which naturally biodegrades, instead of the usual microplastics. When we’re not soaking up the sun outside, we’re soaking up blue light from our computer and phone screens, which is believed to accelerate aging and damage skin. Known as high-energy visible light (HEV), it’s something skincare brands have already started to address. Sunscreen pioneer Coola recently launched Sun Silk Drops (in the United States—the Canadian launch will be next summer), which feature SPF and “patented ingredients specifically for HEV, infrared-light and broad-spectrum-UVA and -UVB protection,” says founder and CEO Chris Birchby, noting that these blue-light blockers will start to make their way into many of the brand’s other formulas. This new issue of screen time echoes what dermatologists have been telling us for years: Protecting our skin is a full-time job. And now, thanks to these new textures and cutting-edge formulas, there are no excuses for skipping sunscreen. □

ORAL HISTORY

A quick look at a woman’s neck and hands can telegraph how much time she has spent in the sun over the years. But our lips say a lot too, especially because we often overlook them when we apply sunscreen. “Lips get a lot of sun exposure because they are right in the middle of the face,” says Dr. Ingrid Jarvis, a dermatologist at Toronto’s SpaMedica. “The skin is also very thin and has less melanin, which protects skin from sunlight.” This makes lips more prone to skin cancer, and sun damage also depletes collagen, which can cause fine lines to form around the mouth. Jarvis suggests applying sunscreen that is specifically formulated for the lips and to do so frequently “because we tend to lick it off or it comes off when we take a sip of coffee or have a snack.” And for the same reason that sun worshippers should never have slathered themselves in baby oil (reflective surfaces attract the sun), avoid wearing high-shine lipsticks or glosses.

From left: Fresh Sugar Punch Lip Treatment SPF 30 (\$29); Shiseido UV Lip Color Splash SPF 30 (\$30); Eos Active Protection Lip Balm SPF 30 (\$4). For details, see Shopping Guide.

