



WHAT'S NEW UNDER THE SUN

There is more to being a happy camper than simply maximizing your workouts at Barry's. Truly healthy people take a 360 degree approach to wellness, from what they eat to even practicing mindfulness. One of the most important healthy habits that all too few people embrace is wearing sunscreen every single day. No matter where you live, no matter what the weather, SPF is absolutely necessary!

Dr. Paul Jarrod Frank, LAB SERIES Global Dermatologist and Skin Care Technology Expert, filled us in on all things sun protection with a Q & A.

Q: Any new sun-protection technologies that people should be aware of?

A: The future of skincare technology is in micronized products that allow physical sunscreen particles to be placed on the skin that allows a smooth light cosmetic feel while providing total and broad spectrum blockage. The other advancements are allowing us to mix these sunscreens with other skincare technologies, such as antioxidants and anti-aging serums.

Q: Can a sunscreen really be sweat-proof or waterproof?

A: Under the new FDA rules, "waterproof" is banned and being replaced by "water-resistant," which enforces a time for which sunscreen must be reapplied. The best protection comes from a sunscreen that provides broad spectrum protection, meaning it filters out most of the UVA and UVB rays. Some water resistant products are not as cosmetically elegant, meaning that they can cause breakouts and can leave a heavy film on the skin, and have a residue to resist water and sweat. The best thing to remember is that there is no such thing as waterproof and that more than a dip in the pool requires reapplication.

Q: What ingredients should people who are prone to breakouts avoid in sunscreen?

*A: I generally like for people with sensitive or acne-prone skin to avoid chemical sunscreens. Physical blockers are okay for those who are acne-prone, but that said, zinc oxide is a bit better of an option than titanium dioxide. LAB SERIES makes a good sunscreen called **Power Protector Broad Spectrum SPF 50**.*

Q: What are the best formulas to wear under makeup? If your makeup includes SPF, do you need a separate sunscreen?

A: In terms of wearing sunscreen with makeup on a daily basis, a once-a-day chemical sunscreen can be worn under makeup, as many chemical blocks go on very lightly, allowing for seamless makeup application. If you are not on the beach, reapplication every two hours isn't necessary. When at the beach or working outdoors however, physical blockers are a must.