

INSIDE! 12-PAGE SUMMER HAIR GUIDE

JUNE 2015

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SEXY SUNNY *Style*

**SUPER-PRETTY
HAIR UPDATES**

**NEARLY NAKED
MAKEUP**

**GLOWY
(not shiny!) SKIN**

Cool

FASHION

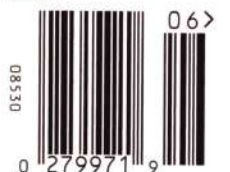
TRUE DETECTIVE'S
**RACHEL
McADAMS**
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GOOD GIRL
GOES BADASS

**YOUR
SUMMER
WEEKEND
GAME PLAN**

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PLAYLISTS!
POPSICLES!**

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SURVIVAL GUIDE

HERE COMES THE SUN

IT'S MUSIC FESTIVAL SEASON! BUT YOU'RE NOT GONNA CARE WHO'S PLAYING THE MAIN STAGE IF YOU HAVE A FIVE-ALARM SUNBURN. CONSIDER THIS YOUR EVERYTHING GUIDE TO SUN PROTECTION (AKA ANTIAGING, WRINKLE-FIGHTING, AND SPOT PREVENTION)

Q: AM I CRAZY OR DOES SUNSCREEN MAKE ME SWEAT MORE? IF SO, WHAT CAN I DO?

Expert: Dr. Arielle Kauvar, clinical professor of dermatology at New York University Medical Center

She says: You're not imagining it. Sunscreens with chemical UV filters absorb the sun's rays and convert them into heat. So avoid direct sunlight as much as possible. Another suggestion: If you choose a sunscreen that contains only the physical UV filters zinc oxide and/or titanium dioxide, then you might actually feel cooler, since those ingredients reflect light. That said, thick lotions and water-resistant formulas can block airflow against the skin (making you feel hot and sticky), so skip those.

Q: CAN I USE MY BEACHY BODY SPF ON MY FACE, OR DO I REALLY NEED A SEPARATE ONE?

Expert: Dr. Heidi Waldorf, director of laser and cosmetic dermatology at Mount Sinai Medical Center in New York City

She says: The only reason for a separate face sunscreen is if you have a tendency to break out or have sensitive eyes. If you have acne, look for a noncomedogenic, non-acnegenic, or oil-free formula. EltaMD UV Clear Broad-Spectrum SPF 46 (\$32) is my all-time favorite. If your eyes burn or tear after SPF application, pick a product that is less likely to run when