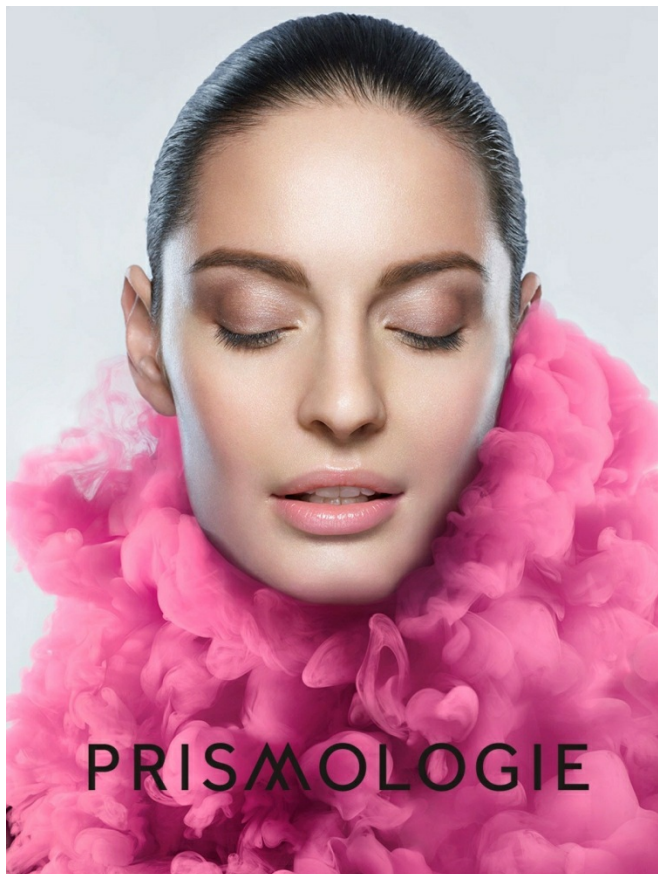




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BURNING QUESTIONS ABOUT sun care

When the sun comes out, it's tempting to soak up every last ray - but don't assume that wearing just any sun cream makes you safe. Beauty director Suzanne Duckett's everything-you-need-to-know guide is vital reading when the heat is on...

Don't bottle it up

Q I'VE GOT SOME SUN CREAM LEFT OVER FROM LAST YEAR. IS IT STILL OK TO USE IT THIS SUMMER?

A Unless it's a very big bottle, you should have used it all up in generous regular applications. However, the general rule of thumb is that, once opened, sun cream should remain stable for two to three years if it hasn't been stored at high temperatures or in direct sunlight - which probably rules out most leftover holiday creams! If in doubt, throw it out. Then store your new one in a cool bag or at the bottom of your bag in between uses rather than in the car dashboard or sun lounger.

GOOD LOOKS

watching

WHAT'S THE MINIMUM PROTECTION I COULD BE WEARING?

on your timing and sun location, how sure has been, drying sand, water time of the day

internationally standardised Organization. The ultraviolet sun is at a particular as part of the

◆ According to the UV Index, UV 1-2 is Low; UV 3-5 is Moderate; UV 6-7 is High; UV 8-10 is Very High; and UV 11+ is Extreme.

◆ The UV Index at some popular holiday destinations in peak summertime is expected to be: UK: 7-8 - High/Very High Italy: 9 - Very High Tropics: 10-12 - Very High/Extreme. So don't assume that the sun's strength here in the UK is weak!

◆ Knowing your phototype and what your skin can realistically cope with in varying destinations is also key. Check yours on the phototype table below, which gives you a rough idea of how long you can spend in the sun when wearing a Medium Protection SPF 20.



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