

Golden Glow

A DOCTOR'S PRESCRIPTION FOR HEALTHY SKIN

During a cruise vacation, fun in the sun is essential—which means that sunscreen is essential as well. “You don’t need to be a hermit in your stateroom,” says cosmetic dermatologist Dr. Jeremy Green, a rising star at the Miami office of Dr. Fredric Brandt. “Just be responsible.” He shares the following tips to help you soak up the sun safely.

1. Get a good sunscreen.

Choose a water-resistant product labeled “broad spectrum,” with an SPF rating of 30 or above. Broad spectrum means that it blocks both aging UVA and burning UVB rays. If you’re debating between two products, check the list of ingredients—titanium dioxide and zinc oxide are both excellent blockers.

2. Don’t underdo it.

Fifteen minutes before heading outdoors, apply an ounce of sunscreen—enough to fill a shot glass—paying special attention to any exposed areas. Reapply every two hours, especially if you are sweating or swimming.

3. Protect your lips.

The thin skin of the lips is easily kissed by too much sun. Every time you apply sunscreen to your body, put on a lip balm with SPF.

Recovery

If you skip the tips and end up with a sunburn, take an over-the-counter anti-inflammatory like ibuprofen or naproxen as soon as possible. Drink lots of water, as your body loses moisture rapidly when your skin is sunburned. Gently apply moisturizers; products with aloe can be especially soothing. Cool compresses and baths can help, too. Your skin’s defenses are down, so be sure to use more sunscreen throughout the rest of your vacation, and seek the shade when possible. **B**



Dr. Jeremy B. Green

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Editors' Picks
Six tried-and-true products in our beauty editors' beach bags.



- 1 PROACTIV Daily Protection Plus Sunscreen:** Protects skin, minimizes oil, and purifies pores. www.proactiv.com.
- 2 AHAVA Mineral Suncare:** A blend of Dead Sea minerals and essential vitamins. www.imagebeauty.com.
- 3 JUNE JACOBS Advanced Sun Resistance:** Natural ingredients enhance the skin's natural barrier. www.junejacobs.com.
- 4 PETER THOMAS ROTH Uber-Dry Sunscreen:** Light-weight and water-resistant. www.peterthomasroth.com.
- 5 ELEMIS Wrinkle Control Sun Screen:** Anti-aging cream with added wrinkle protection. Available at the onboard spa.
- 6 NEUTROGENA Ultra Sheer Pure-Mild Sunblock Lotion:** Intense protection with a non-sticky finish. www.neutrogena.com.