

# SUN-SAFE SUMMER SKIN

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**J**ust about everyone loves the sun – and the healthy glow it imparts. However, there is a wrinkle to sun-worshipping – and that’s wrinkles, dangerous sun damage and hyperpigmentation. Here’s the new wave in summer skincare, to put your best face forward.

## Superior to antioxidants

The big news in skincare is Idebenone (pronounced ee-dee-bí KNOWN), the active ingredient in Prevege, a topical antioxidant cream launched in January by Allergan, the folks who make Botox. Prevege claims to be the first and only clinically-tested antioxidant that not only reduces the appearance of fine lines and wrinkles, but also protects against environmental factors that cause sun damage. It corrects and protects the skin (although it is not sunscreen) and is a leading new contender in the war on aging.

Prevege, only available through dermatologists and plastic-surgeons, is to the millennium what sunblock was to the '70s, and glycolic acids were to the '80s and '90s. It's more powerful than other antioxidants like alpha lipoic acid, CoEnzyme Q-10, and vitamin C.

Dermatologist Samuel Goos of AP Derm Center for Cosmetic Services in Concord, Westford, and Marlborough, says “Prevege is more potent than vitamin C,” and he has seen “dramatic improvements” in staff and patients who use it. It’s a potent antioxidant,” says Dr. Goos.

However, Dr. Robert Gilman, of Plastic Surgery Specialists in Wellesley Hills isn't as convinced, saying that his best recommendation for great skin is to “use a good moisturizer, topical exfoliants, Retin-A and mild fruit-acid peels.” He also advises: “Eat a varied and nutritional diet, don't smoke, drink in moderation and protect yourself

from the sun.” ([www.prevege.com](http://www.prevege.com))

Recent research shows that sun damage from ultraviolet light is caused by both UVA and UVB rays. UVA rays damage the dermis and promote dark spots, discoloration, wrinkles and sagging, while UVB rays cause tanning, burning, dryness and peeling. Zinc oxide is a potent protection – but nowadays, you don't have to resemble life-guards slathered in Kabuki-white face-paste. Dr. Goos says to use sunscreens that contain micronized zinc oxide (found in Coppertone's Shades sunscreens and in Blue Lizard) and also Avobendone. Shiseido also offers a sun-protection line featuring non-chemical ultra-fine zinc oxide and titanium dioxide, which protect against a broad spectrum of rays. Shiseido's reformulated Ultimate Sun Protection Lotion for face and body (\$36 for 3.3 oz) offers a Sun Protection Factor (SPF) of 55, plus its PA (Protection Against UVA rays) of +++. The “plus” marks indicate greatest protection. It also contains Thiourine, an antioxidant that neutralizes free radicals and is water-resistant, sandproof, and PABA-free.

Another weapon against skin sun damage in Shiseido's beauty arsenal is its \$22 Brilliant Bronze self-tanning face cream (SPF 17) that imparts a quick, deep glow plus UV-ray protection. ([www.sca.shiseido.com](http://www.sca.shiseido.com))

Phytomer has also launched suncare products with Cytoprotectine, a natural marine ingredient that claims to protect the skin from free radicals. Phytomer's new OgenAge Anti-Aging Sunscreen SPF 30 (\$39) contains titanium dioxide to filter out UVA and UVB rays. [www.phytomerusa.com](http://www.phytomerusa.com)

And Holisticentials' Juviderm merges the botanical and medicinal skin care worlds. Juviderm's Clinical Sun Protection SPF 30 (\$30) also contains micronized titanium oxide to protect again UVB and most UVA rays. ([www.juviderm.com](http://www.juviderm.com))

## Amazing Base

Jane Iredale, who lives in Great Barrington, is a former casting director who has worked with models such as Lauren Hutton and directors such as Steven Spielberg (on “The Color Purple”). “I worked with a lot of actors who had skin issues,” says Iredale, who created her own world-famous line of non-comedogenic mineral makeup containing no talc or mineral oil. “Why can't makeup extend the benefits of skin care?” she asked. Her silky bases, loose and pressed powders are water-resistant foundation, powder, concealer – and sunscreen – all in one, with SPFs of 15-20 that protect against UVA and UVB rays, thanks to their micro-pulverized titanium dioxide and zinc oxide. The benefit? You can wear Jane Iredale Mineral Makeup, swim for up to 80 minutes, sweat, play golf – and never have to worry about sun damage – while your makeup stays intact. Jane Iredale just launched SPF-18 lipsticks and Moonglow. Moonglow contains 24K food-grade gold and is a gilt-y pleasure for eyes, lips and cheeks. Iredale mineral makeup is also ideal for covering skin problems such as acne and rosacea. Visit the Iredale Web site to see dramatic photos of the makeup's amazing coverage of Jane's face after her skin was laser-resurfaced. (Available at Andrea Goldstein in Canton, 781-828-7437; Daryl Christopher Salon and Spa, 617-424-0250, and online at [www.Janeiredale.com](http://www.Janeiredale.com).)

## It's Sunforgettable

Colorescience Mineral Makeup recently launched Sunforgettable, an SPF-30 brush-on powder named an “Insider's Choice Finalist” in the 2005 Cosmetic Executive Women Beauty Awards. The clear, weightless powder (\$45) is a favorite of Hollywood's A-list actresses, and contains titanium dioxide and zinc oxides in a “nanopowder” form, to offer sun protection. Tammy Donaghey, owner of In Vogue Spa, Sudbury, highly recommends Sunforgettable.

“I'm a soccer Mom and I brush Sunforgettable on me – and my kids. It won't sweat into your eyes and burn them, like traditional sunscreens,” she raves. “It takes just five seconds to apply. It's also great for golfers, and balding men and women with braids, whose scalps are exposed. (Online at: [www.colorescience.com](http://www.colorescience.com), 866-4COLORE).

## Australia's best-kept secret

Tanline – a “tan-in-a-can” that sprays instant bronzer and self-tanner is good for a twice-as-nice quick tan. Tanline (\$35) contains shea and cocoa butters and hazelnut and macadamia oils, and offers sun-kissed results that amplify over six hours into “the sexiest tan alive.” ([www.tanline.us.com](http://www.tanline.us.com))

Phytomer ([www.phytomer-usa.com](http://www.phytomer-usa.com)) also just launched BronzPerfect Self-Tanning Gel (\$32.50) and BronzInstant Self-Tanning Spray (\$36.50) that contain moisturizing Hyaluronic acid and Sorbitol, respectively. And for more glowing reviews, try Ice Reflect Pearlescent Complexion Stick from Fleur's, a French line with floral ingredients like lilies and lotus. Fleur's Ice Reflect (\$39.50) contains the sweet nectar of roses. (877-FLEURS-7).

## Use it religiously

Monks have long been famous for their formulations. Fresh, a beauty company founded by Bostonians Lev Glazman and Alina Roytberg, has launched a lotion handmade in Czech monasteries and by Cistercian nuns in Norway. Fresh Creme Ancienne was inspired by the world's first cream created in the 2nd century A.D. by Galen, the Greek physician to Marcus Aurelius and the gladiators; his cream was originally used to heal burns and wounds, and Marie Antoinette relied on it for her face, body and décolletage. Creme Ancienne includes rosewater, beeswax and borax from Tuscany – Galen's original formula – with lemon peel, chamomile oil, and meadowfoam seed oil. (\$250 per 3.5 oz. jar at

Fresh, 121 Newbury St., 617-421-1212 & [www.fresh.com](http://www.fresh.com)).

## As the peptide rushes in

This summer, the tide has turned – the peptide, that is, a family of molecules formed from the linking, in a defined order, of various amino acids. The five peptides in G.M. Collin's new Bota-Peptide 5 Cream have been clinically proven to revive cellular metabolism and tissue rejuvenation, and reduce fine lines and wrinkles. Founded in France in 1957, the Collin dermo-corrective skincare line is made of botanical, biotechnological and marine ingredients, designed to target aesthetic problems. Their Bota-Peptide 5, claims to offer Botox-like action, and wrinkle reduction up to 88 percent, when used 28 days.

“It's Botox in a bottle,” says Janet Moreau, manager of Regina's Skin and Body Renewal in Ashland. “I'm 51 and I've noticed a big difference in my skin, and I'm always skeptical of products and their claims. G.M. Collin is the only company to use this many peptides in one formula. It's a treatment to be used under moisturizer.”

Five peptides (including Argireline and Lipo-Arginyl-Tyrosine) relax skin-related muscles and plump up deep wrinkles. Bota-Peptide 5 (\$129 for 1.4 oz.), a light fluid with bergamot, green apple and jasmine notes, also claims to optimize results of Botox, collagen and hyaluronic-acid injections. (At Regina's Skin and Body Renewal, Ashland, 508-881-8448 and online at [www.gmcollin.com](http://www.gmcollin.com).)

Polypeptides, antioxidants, vitamins, ceramides and green tea are key in Environ C-Quence, founded by plastic-surgeon Dr. Des Fernandes, who claims to be the first physician worldwide to introduce Vitamin A in high, effective doses. The preservative-free C-Quence Gel comes in four strengths to protect, refine and firm skin (\$110 up); they contain vitamin A and highly absorbable vitamin C. ([www.environ.co.za](http://www.environ.co.za), 877-337-6227)