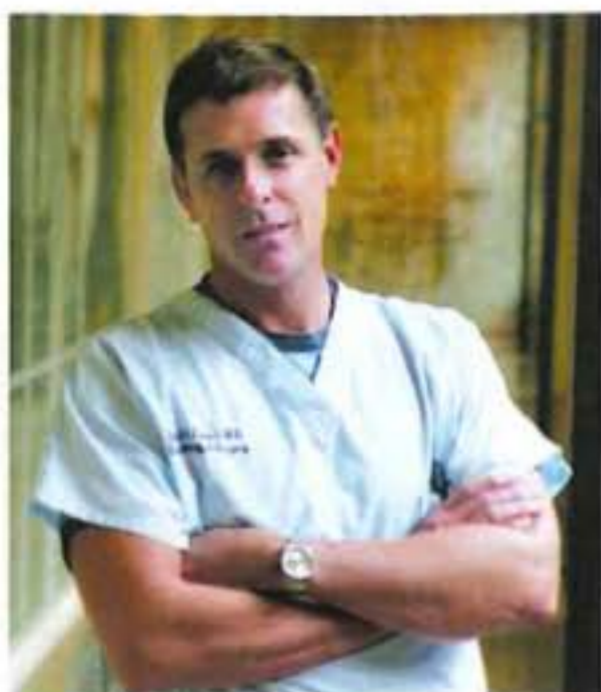


THE COLBERT SKIN REPORT



As a former AAU swimmer, a towhead, and a surfer as well as a currently board-certified dermatologist and internist unrelated to Stephen Colbert, I can attest that although I love the sun I also hate what it does to our skin. The FDA is busy this month. The agency has mandated that the term "sun block" be replaced with "sunscreen" and that "waterproof" be replaced with "water resistant." So with the biggest holiday of the summer right at our doorstep, I thought I'd give you some key tips for how to enjoy the sun, and not feel the burn.

1. Look for UVA and UVB protection in the same sunscreen. This means it has broad coverage for many different wavelengths of light. Kelly Slater, the nine-time world champion surfer, uses Physician's UV Defense (store.nydig.com). It's a broad-spectrum block strong enough even for surfers and Olympic athletes. Light has energy that rips through our skin's molecular structure, wreaking havoc and mashing up our elastin and collagen fibrils and at the same time breaking up our DNA and causing precancerous mutations and early aging! So don't get burned. Simple as that — or is it? UVB rays burn the skin, UVA rays tan and wrinkle the skin. So you want a sunscreen that covers both types of rays to fully protect skin against over-tanning and wrinkling.



2. Apply sunscreen 30 minutes before you head for an outdoor activity. Apply it everywhere. Always use a little extra.

3. Find a sunscreen that is convenient for your lifestyle whether it be a spray, lotion, cream, or a stick roll-on. This makes it more likely that you'll actually use it.

4. Always wear SPF balm on the lips. I like good old-fashioned cherry Chapstick SPF 30, but there are lots of great options on the market. You really want to avoid burning your lips because that can lead to those scary vertical lipstick lines...and they are not cute.

5. Apply a thin layer of vitamin-C cream or serum to sun-exposed areas. Then overlay your sunscreen from head to toe! Vitamin C has some SPF-like qualities. Also use a day moisturizer that has SPF properties. Of course, my favorite is Colbert MD Nutfy and Protect Daily Lotion. You can wear it under or mix it with your sunscreen. This affords a generous heaping of goji berry extract and café arabica, which helps keep skin supple.

6. To fight dryness from the arid beach, also apply a layer of Lipikar Baume from Laroche Posay to seal in moisture, especially on the arms and legs.

7. Eat for the sun! Eat plenty of antioxidant-rich foods like olives or olive oil, kale, tomatoes, avocados, almonds, and Greek yogurt. These foods will help sun-proof your skin by adding needed antioxidants, which boost your body's natural sun protective chemistry. Other tasty summer sun foods that pack an antioxidant punch include summer squash, cucumbers, strawberries, and blueberries. Drink at least three glasses of water before you leave for the beach and avoid drinking alcohol before sunset. Also, add an omega fish oil capsule to your morning routine. Hey, it works for those Nordic beauties!

8. Wear sun-smart beach clothing such as Pret-a-Surf rashguards to further block the sun.

9. The second you realize that you've overdone it in the sun and are feeling that tight, heated, tender feeling, you must hit the shade and apply hydrocortisone cream. You should also keep a supply of aloe vera gel or arnica cream in the refrigerator. Just in case.

Another luxurious remedy and fave of Adriana Lima and Naomi Watts is Heal and Soothe cream. It contains angelica sinesis to naturally calm the skin's inflammatory cascade (colbertmd.com).

10. Protect your hair! Hair burns are real, and if you want to protect your tresses go chic beach hat or an amazing head scarf à la Hermès. The market also boasts some great SPF hair products, but remember that they are only water resistant. Not waterproof!

In sum, listen to the Aussies who have the highest rates of skin cancer on the planet. The slogan they use in schools to teach kids is "Slip Slap Slop." It's a gentle mnemonic, and it saves lives!

SUMMER SKIN SAVER KIT

Baby aspirin	Chapstick SPF 15
Motrin	Pramosone lotion
Physician's Formula UV defense	Sarna lotion
Heal and Soothe cream	Nourish Eye Cream
Nutfy and Protect lotion	Rodin by Recine hair oil
Aloe vera gel	Pret-a-Surf rashguards
Arnica cream and pearls	And an appointment at
Olio Lusso jasmine body oil and lip balm	212.533.8888 for skin cancer screening