SKIN — APR 3, 2019

The One Product Dermatologists Wish **Everyone Would Start Using**

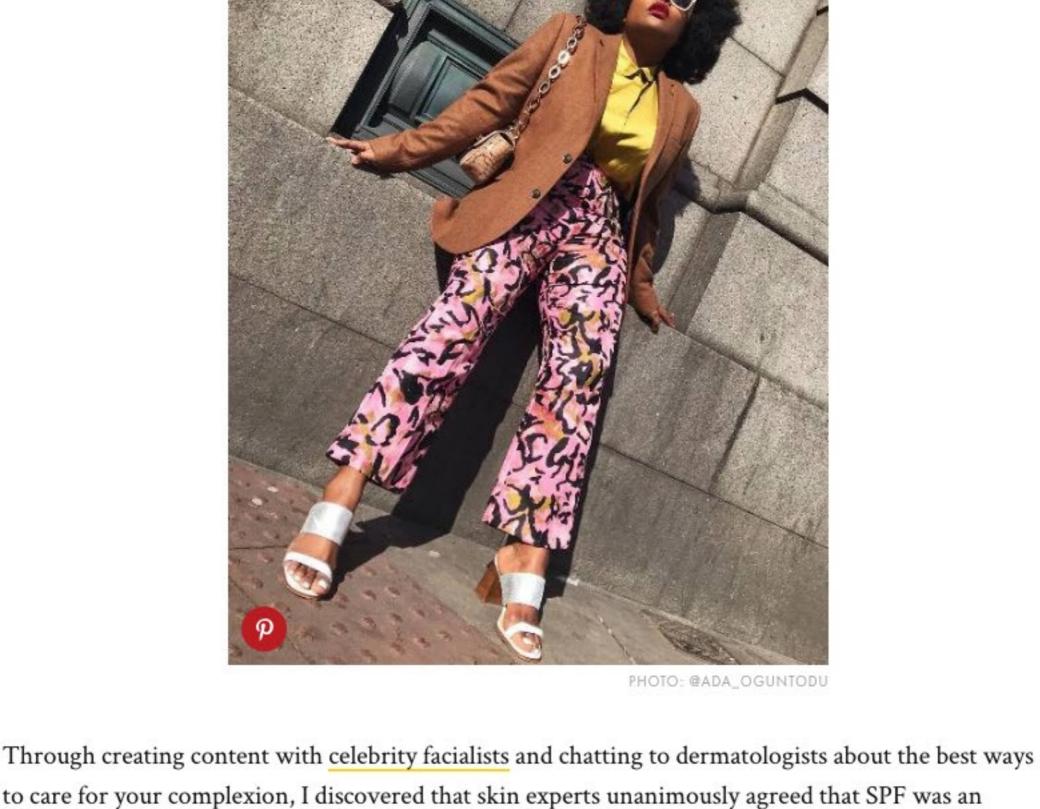
by MICA RICKETTS







ve always been into my skincare. (Ask any girl with hormonal acne and I'm sure she'll tell you the same.) The desire to find that one wonder product started in my teenage years, where I'd spend hours lusting over the just-launched cleansers and shiny posts of moisturisers in the monthly glossies, while most weekends involved poring over the shelves in Boots deciding how to spend the £30 I'd earned from my Saturday job. (Which, for the record, actually happened to be in Boots.) Since then, I've been lucky enough to try some of the best skincare products on the market and have created a routine that works for my skin and its needs. But I'm ashamed to say that my routine was distinctly lacking in one skincare product until about a year ago: SPF.



integral part of any successful skincare routine. Yet so many of us-myself included-choose to ignore

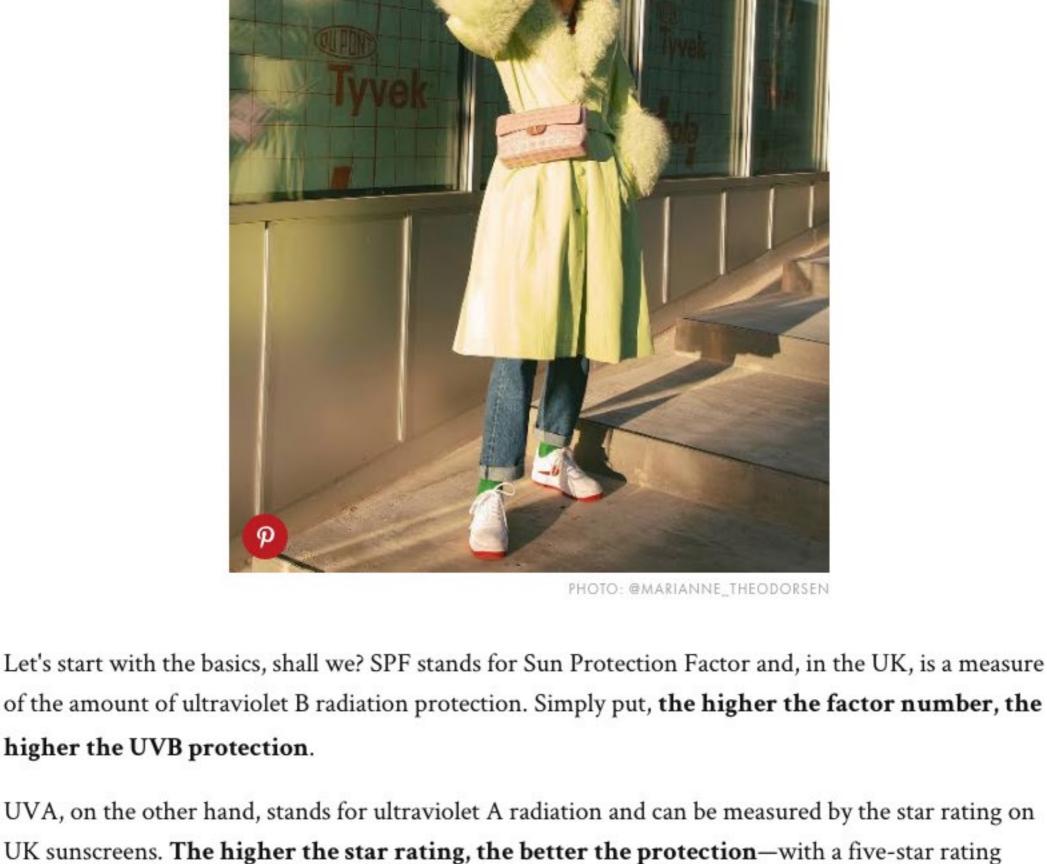
it. Personally, I think there are two main reasons for our hesitance around using a daily SPF. Firstly, the UK isn't exactly renowned for its amazing weather (especially during the winter months when you might not have seen the sun for weeks). That said, it can feel kind of pointless slapping on the sun

protection on a daily basis. Between UVA and UVB protection, broad spectrums and star ratings,

knowing what to look for when choosing an SPF can feel like a bit of a minefield.

up with some skincare experts for the full lowdown. Keep scrolling for a foolproof guide to choosing the best sun protection for you and to shop the best SPF products out there. SPF, UVA and UVB: What does it all mean?

So to help debunk the myths around SPF and get to the root of exactly why it is so important, I caught



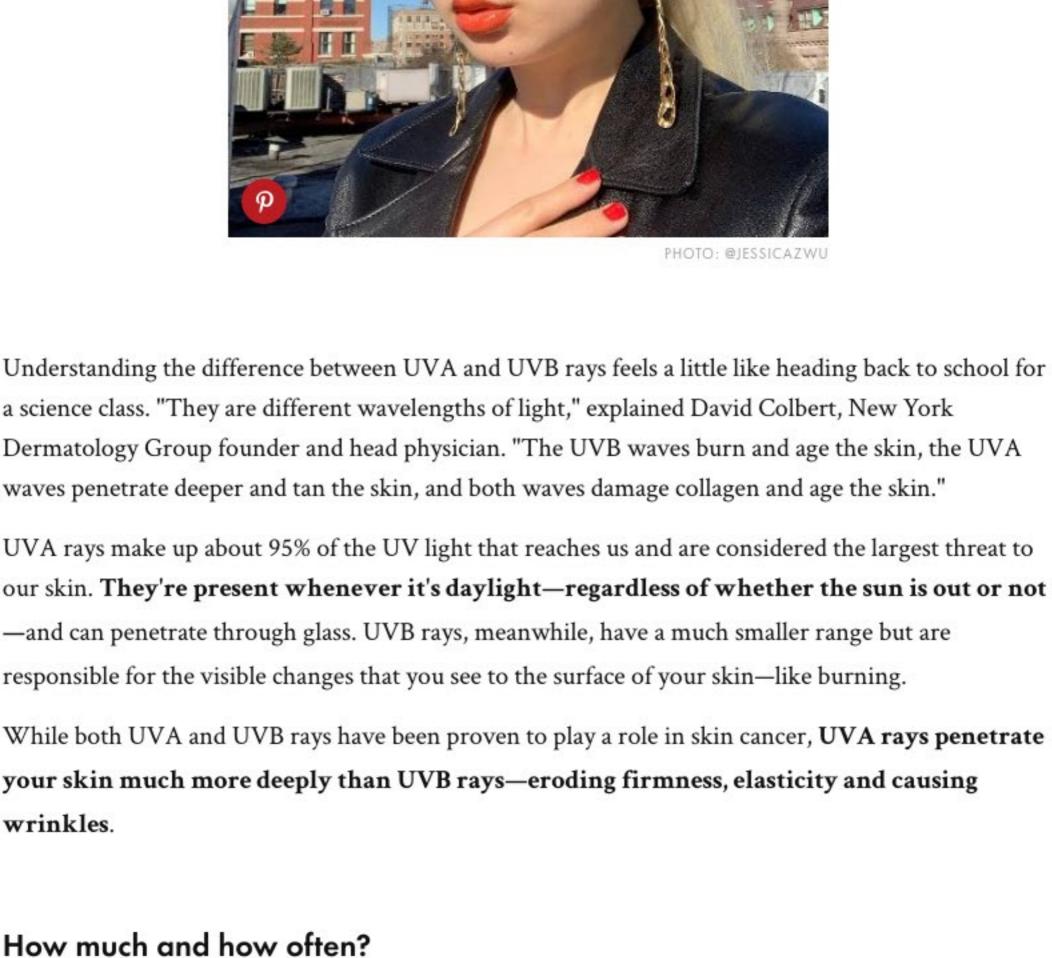
If a sunscreen refers to itself as "broad spectrum" then this means that it offers both UVA

The difference between the rays

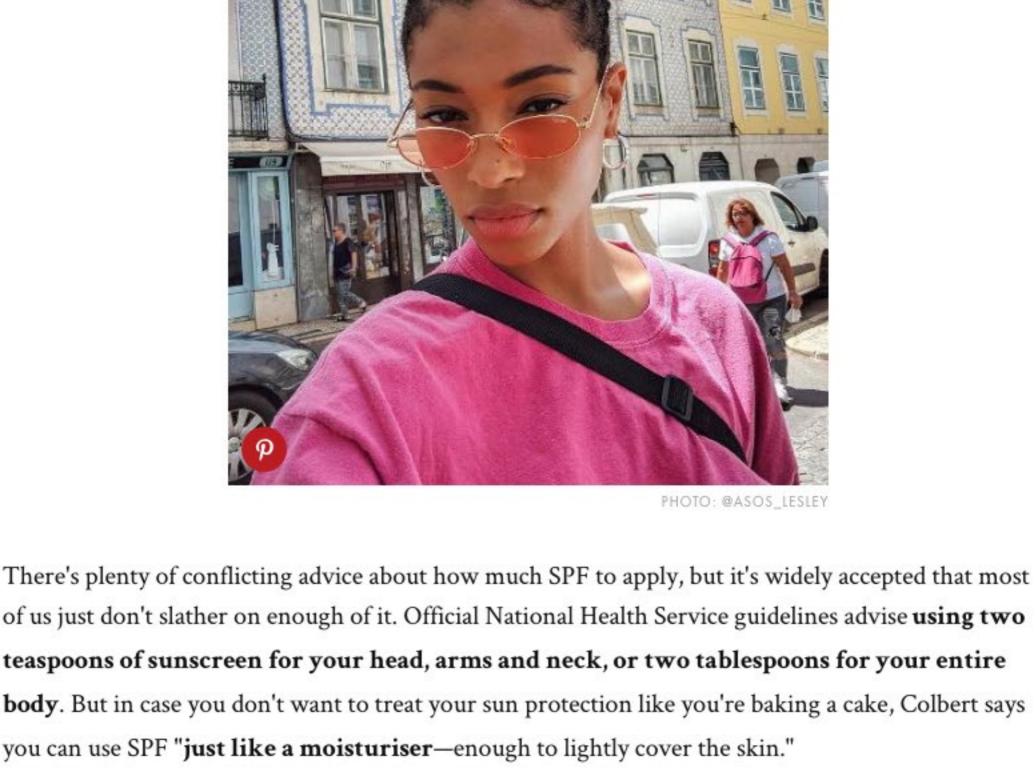
and UVB protection. However, in the UK, if sunscreen has both an SPF rating and a star rating, then

it will also protect you against both types of rays.

being the best.



wrinkles.



you can use SPF "just like a moisturiser-enough to lightly cover the skin." When it comes to applying SPF, you should do so about 30 minutes before you head outside. I apply it as the last step in my skincare routine before doing my hair and makeup. However, if it's a summer's day, you're advised to reapply it just before you leave the house and every couple of hours that you're outside. If you really want to save time, then opt for beauty products that have SPF built in. There are plenty of moisturisers, foundations, lip balms and hair sprays that are formulated

with sun protection so you don't have to worry about applying it separately. Now, for the most important question—do we need to wear SPF every day in the UK? "I'd say if it's a rainy day, you could skip it," Colbert cautiously advised. "However, we're exposed to UV rays even on a cloudy day." If you're cautious about ageing, Colbert advises wearing an SFP 30 daily. "If you introduce SPF as part of your daily routine, you'll escape the ageing rays of the sun and your skin will age at a slower rate."