

You Deserve The Best . . . Sunscreen!



Whether you're running errands or running a marathon, sun protection is vital; but with dozens of brands on the shelves, which one is best for you? To get the answers, we asked athletes, doctors and all sorts of sun worshippers!

IF YOU HAVE SENSITIVE SKIN:

Blue Lizard Australian Sunscreen, Sensitive; SPF 30



Amy Derick, M.D., a cosmetic dermatologist in Barrington, IL, loves this brand for both its strength and aesthetic quality. "Blue Lizard deflects sunlight

from the skin's surface, so you don't have to worry about absorbing any irritating chemicals." Plus, its broad-spectrum power protects against both UVA and UVB rays—those that age and burn. But what *really* sets it apart? "Since it's not thick, you never look like you're wearing a mask!"

◆ \$12.50 at www.drugstore.com

IF YOU HAVE OILY SKIN:

Alba Botanica, Organic Lavender Sunscreen; SPF 30



A park ranger at Tucson's Saguaro National Park, Katy Hooper spends hours outside every day—so sunscreen, preferably one that won't make her oily skin shiny, is a must. She swears by Alba Botanica: "I've tried everything out there, and since finding it, I haven't had a breakout!"

Fortified with herbs and plant extracts, its naturally astringent formula won't clog pores—and that's not all: "The lavender scent even keeps bugs away!"

◆ \$9.95 at www.alba-botanica.com

IF YOU HAVE KIDS:

NO-AD SPF 45



Simplifying Motherhood blogger (www.trishberg.com) and mom-of-four Trish Berg takes skin defense seriously—especially because her mother is

a skin cancer survivor. "I love NO-AD. Not only is it a bargain, but it's not greasy, so the kids never balk when it's time to put it on. In fact, when we go swimming at Lake Erie, they love slathering it on me first—it's like a game: I've got their back, and they've got mine . . . literally!"

◆ \$3.29 at www.cosmet-icmall.com

IF YOU'RE ALWAYS IN THE WATER:

Coppertone Water BABIES Lotion SPF 50



Swimmer and two-time Olympian in the 2000 and 2004 summer games, Lindsay Mintenko spends as many as 10 hours a day in

the water, and she says this brand takes the gold medal for water-proof protection. "I went through a lot of trial and error—other sunscreens would start to irritate my eyes," she says. "But Water Babies never gave me a problem; it's so gentle."

◆ \$11.09 at www.drugstore.com

IF YOU LOVE TO BE ACTIVE:

Neutrogena Fresh Cooling Body Mist Sunblock; SPF 70



Besides coaching triathletes and cyclists from his home base in Scottsdale, AZ, Joe Friel has written 10 books on endurance training, including

Total Heart Rate Training. And he trusts his skin to this brand. "I'm outside at least two hours a day, and it's so strong, I hardly need to reapply it, even when I'm working up a sweat," he says. Best of all, its unique formula cools you off as you spray it on, a plus in sunny Scottsdale, which boasts summer temps in the 100s!

◆ \$9.99 at www.americarx.com

