

Sunscreen Suggestions for the summer of 2009

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For Everyday Coverage

Biore Dual Fusion Moisturizer SPF 30.....\$15.00
Cetaphil UVA/UVB Defense SPF 50.....\$14.00
ROC Complete Lift Daily Moisturizer SPF 30....\$22.00
Vaseline Aloe Fresh Protecting Lotion with SPF 15.... \$5.50
Olay complete All Day Moisture Lotion SPF 15.....\$9.00
Clinique SPF 30 Face Cream.....\$17.50

For Days in the Sun

Coppertone NutraShield SPF70+ with Dual Defense.....\$10.50

Neutrogena Ultra Sheer Dry Touch Sunblock 100+...\$12.00

Smudge proof, prevents eye stinging and great for oily skin.

Neutrogena Ultimate Sport Sunblock Lotion SPF 70....\$10.00

Great for sporting activities.

La Roche Posay Anthelios Ultra Fluid SPF 60.... \$27.50

Very strong UVA protection. Great for face and dry skin.

Skin Ceuticals SPF 30.....\$42.00 (sold in our office)

Oil free, for sensitive skin, PABA free

Lancome Bienfait Multi Vital SPF 30 Cream...\$43.00

Great for dry skin and contains vitamins E and B5.

Vanicream Sensitive skin Sunscreen SPF 60 (\$18.00)

Contains Zinc oxide and titanium

Other Sunscreens

Sprays: are good for children but still need to apply baseline cream/lotion for first coat of protection

Coppertone Kids continuous Spray SPF 70.....\$11.00

Banana Boot Ultra Defense Continuous Spray Sunscreen SPF 85.....\$10.50

Aveeno Positively Ageless Sunblock Spray SPF 50....\$11.00

Shady Day Daily Sunscreen *Stick* SPF 30.... \$9.00

Roll on so great for easy to miss spots like ears and hair covered regions

Lip protection:

Nivea A Kiss of Protection Lip Care SPF 30.... \$3.00

Blistex Daily Condition Treatment for lips SPF 20....\$3.00

NeoStrata Lip Condition SPF 15....\$12.00

Great product with both titanium and zinc. Comes in mint flavor too. (Sold in office)

Self Tanners

My suggestions are gradual tanners. These contain the same active ingredients as traditional tanning products but in smaller doses combined with richer moisturizers. The results are a softer look and more subtle appearance.

For the face:

Light to medium skin tones: Olay Complete Touch of Sun Daily UV Facial Moisturizer..\$13.00

Hydrates the skin without feeling heavy. Has antioxidants.

Medium to dark skin tones: Jergens Natural Glow Healthy complexion Daily Facial Moisturizer..\$9.00

Over time, gives a coopery color.

For the body:

St. Tropez instant original tanning system. \$43.00 (kit) Kit includes, body polish, body moisturizer and self tan lotion. Last up to 14 days. (sold in office)

Light to medium skin: Lancome Glow Sensulle Daily Luminous Body Butter...\$33.00

Softens skin and contains light reflective properties. Sweet scent.

Medium to dark tones: Nivea Sun Kissed Firming Moisturizer...\$7.00

Gives deep caramel color. Not orange.