

MARTHA STEWART

Living

HELLO, SUMMER

The Best Sips,
Sides, Sweets &
Fresh-off-the-Grill
Dinners

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**ADVANCE
PLACEMENT**

A surefire way to avoid red-tinged strap lines: Apply sunblock everywhere while naked, then put on your swimsuit.

The Best Defense

Skimping on sunscreen is the equivalent of skin-care sabotage. Fortunately, the top formulas are as light as water, high-performing, and wonderfully habit-forming. Find one you love, and make SPF your BFF.

TEXT BY MELISSA MILRAD GOLDSTEIN

IF YOU'VE TRAVELED around the sun a few dozen times, you're well-versed in its negative effects—from wrinkles and dark spots to permanent DNA damage and skin cancers. And you also know that the one thing you can do to protect yourself is to wear ample sunblock every single day. But do you? Ah, there's the rub.

But these days, it's easier than ever to embrace SPF. The key is to arm yourself with broad-spectrum formulations that thwart every level of exposure and feel incredible (not thick or chalky) on skin. On the next page, you'll find choices for every skin type and situation, including innovative newcomers such as clear gels that go on in seconds, and reef-safe lotions that won't harm the oceans.

Then make sunblock a seamless step in the morning by keeping it next to your toothpaste, suggests Steven Wang, a dermatologist in Basking Ridge, New Jersey. In a recent study, he found that when people stored it alongside that routinely used item, their usage increased by 20 percent in six weeks.

Last, remember that “sunscreen is not like a seat belt—one click and you're done,” Wang says. Stow extra bottles or sticks in your bag, glove box, and office for reinforcement. And when you're outside for long stretches, reapply like it's going out of style. (Set your phone timer for two-hour increments; you'll thank us 10 years from now.) Add a broad-brimmed hat, UV-blocking shades, and SPF-30-plus-rated clothing, and congrats: You're fully covered.

FOR THE FACE

Sunscreen should be the final step in your morning skin-care routine, “even on cold or overcast days,” says dermatologist Deborah Sarnoff. “Sun reflects off of concrete and glass,” and UV rays penetrate windows. Consider your complexion when choosing, and use the product year-round.



Normal

This new, slightly moisturizing transparent formulation slides onto skin effortlessly and layers invisibly under makeup.

Neutrogena Hydro Boost Water Gel Lotion SPF 30, \$12, neutrogena.com.



Dry

Smooth on this block with soothing facial oils: It'll give you a dewy finish without greasy residue. And its travel-friendly solid stick makes reapplication easy.

Supergoop Glow Stick Sunscreen SPF 50, \$25, supergoop.com.



Oily

Fear of sprouting a pimple is no excuse to skip sun protection. Seek out oil-free options like this one with lauric acid, which helps halt the growth of acne-causing bacteria.

Avène Mineral Light Mattifying Sunscreen Lotion SPF 50+, \$28, aveneusa.com.



Sensitive

If you react to almost everything, err on the basic side. Physical sunblocks, which sit on the skin's surface, are nonirritating, provided they don't contain fragrance or alcohol.

Ocean Potion Face Clear Zinc Oxide SPF 50, \$6, oceanpotion.com.

Head to Toe



SCALP

Out of sight shouldn't mean out of mind. “We're hearing many reports of hairstylists finding cancerous spots,” says Sarnoff. Spritz SPF along your hairline and part, or wear a hat made of tightly woven fabric.

Coola Organic SPF 30 Scalp & Hair Mist, \$26, sephora.com.



LIPS

They have almost no melanin, so they're as likely as skin to get burned or develop cancer. And the bottom one, which catches the most light, is 12 times more likely to be affected, per the Skin Cancer Foundation.

Goddess Garden Natural Mineral Sunscreen Lip Balm, \$4, goddessgarden.com.



BABIES & KIDS

Hats and SPF-protective clothing are best for newborns, but at 6 months, start using sunscreen. Matte zinc-oxide and titanium-dioxide formulas have powdery finishes, which make it easy to hold tight to squirming tots.

Australian Gold Botanical Mineral Lotion SPF 50 for Kids, \$16, australiangold.com.



SWEATPROOF

Active formulas are drier to the touch, so they don't run into eyes or compromise your tennis grip (or slide off with water and perspiration). That said, always reapply them after toweeling off.

Coppertone Sport Free Mineral Lotion, \$8, walmart.com.



NATURAL

New “reef-safe” sunblocks don't contain oxybenzone, an ingredient cited in a 2015 study as a factor in the bleaching of coral reefs. (Note: Every sunscreen in this story is oxybenzone-free.)

Bare Republic Mineral Sunscreen SPF 30, \$15, gobareoutside.com.

OUR EXPERTS

Ted Lain, an Austin, Texas, dermatologist; **Elisabeth Richard**, a Baltimore dermatologist; **Deborah Sarnoff**, a New York City dermatologist and president of the Skin Cancer Foundation; **Steven Wang**, director of dermatologic surgery and dermatology at Memorial Sloan-Kettering, in Basking Ridge, New Jersey.