

# SunFashion 101

## Protect the SKIN You're In

By Freya Sachs  
Photography courtesy of Physician Endorsed



Summer is here in full force – long, hot days of swimming, golfing or tossing a frisbee at the park – all of it full of sun. It's easy to bask in the warm rays, to try to get some color in search of that perfect glow and to forget about what it might mean when the sun hits your skin.

Although sunlight provides vitamin D and can help with Seasonal Affective Disorder, sun exposure can also cause major skin damage. Texas residents know how important it is to protect their skin, but when staying inside isn't an option, what's a sun-lover to do?

While the best way to avoid sun damage may be to avoid sun exposure, that's not always realistic. One can, however, make sun exposure much safer. Avoiding the sun between 10 a.m. and 4 p.m., when the sun's rays are at their strongest point, is smart.

According to Dr. Lisa Rhodes of Westlake Dermatology, "A broad spectrum sunscreen (that blocks both UVA and UVB) of SPF 30 or higher should be used. Broad-rimmed hats, long sleeves and high collars are some suggestions." Protective clothing lines, such as Physician Endorsed and Solumbra, can provide further sun protection, as can sunglasses with UV protection that shield the eyes and the delicate skin around that area.

When choosing which sunscreen to apply and reapply, there are two major types to consider: physical and chemical. Chemical sunscreens absorb light rays, while physical sunscreens block them. Dr. William Ramsdell of the Central Texas Dermatology Center says that "SPF numbers are only applicable to ultraviolet B rays. To block ultraviolet A rays, use a product that contains Parsol (Avobenzone), zinc oxide or titanium dioxide." Adds Dr.

## Physician Endorsed style the best protection under the sun

Made with lab-tested fabrics that block 92 to 98 percent of the sun's harmful UVA and UVB rays, Physician Endorsed hats and accessories will turn heads on and off the beach. From \$30 to \$60, the wide-brimmed hats have classic styles and children's fashions, too. "You are never too old or too young to start taking care of your skin," says Physician Endorsed designer Elissa Margulies.

The new Jet Setter Survival Kit was made for sun-wary travelers and includes a silk hat with an SPF of 30, oversized sunglasses with 400 UVA protection and an embroidered silk travel bag. The \$120 kit also comes with the Cellex-C Travel Pack with products formulated to protect and nurture skin. Look for Physician Endorsed products in Austin at Barton Creek Resort and Spa and Central Texas Dermatology. For more information, visit [physicianendorsed.com](http://physicianendorsed.com).



These tips from the American Cancer Society could be the finest fashion advice you've ever gotten:

Wear ...

Fabrics created for sun protection

Tightly woven fabrics

Dark denim

100 percent polyester and shiny polyester blends

Satin-finish silk of any weight, even very thin silk

Unbleached cotton

Avoid ...

Bleached cotton

Polyester crepe

Viscose

Knits, especially loosely woven materials

Undyed denim

Threadbare, worn fabric

Remember ...

"Slip! Slop! Slap! ... and Wrap!"

Slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses – the bigger the better!

For more information, visit [cancer.org](http://cancer.org).

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