



# fun IN THE sun

PHOTOGRAPHY: SHUTTERSTOCK

It goes without saying that we need to protect our skin from the sun's harmful UV rays. But it's not all about the complexion! Did you know, for instance, that those rays can also damage your hair? Here, we offer steps you can take before and after sun exposure to keep your skin and hair healthy all summer long.

TEXT EMMANUELLE GHERSI

## Golden Rules

**1** Less time spent in the sun, especially at midday when ultraviolet radiation is most intense, is best. Scientific director of Montreal-based Functionalab and Jouviance Nathalie Pelletier explains, "It's best to avoid sun exposure from 10 a.m. to 4 p.m. when UVB rays are at their strongest. During daylight hours, UVA rays are always present—even when it's cloudy—which is why it's always important to protect your skin." Keep in mind that UVA rays can also pass through glass, so if you're out for a drive, don't forget to protect your face, arms and hands.

**2** An effective way to reduce the effects of the sun's rays is to keep covered. Wear a wide-brimmed hat and protect your eyes by wearing sunglasses with UV protection. Choose loose and breathable clothing, and if possible, long-sleeved shirts and pants.

**3** Take respite in the shade, but know that its protection only goes so far. Shade can protect you from direct solar radiation but not from radiation reflected by surfaces (grass, sand, snow, water, buildings) or from radiation scattered by atmospheric molecules (airborne particles).

**4** Apply a broad spectrum sunblock liberally, at least 15 to 30 minutes before exposure, and reapply regularly. "Even if you're not swimming or sweating, it's recommended to reapply every two hours to maintain effective protection. For maximum benefit, apply on dry skin, so towel off well after swimming during hot weather," adds Pelletier.

**5** Find out your phototype—your skin's level of sensitivity to the sun—to help determine what level of sun protection is best for your skin. Turn the page for our guide.

## RESTORATIVE SKIN CARE

After exposure to the sun, the skin needs some special attention to restore its moisture barrier and hydrolipidic film. Cleanse your skin with a mild soap or shower gel to remove sunblock, sand and other particles, but avoid excessively hot water. Pat yourself dry with a towel then, while the skin is still damp, apply an after-sun product. A good one should contain soothing ingredients such as aloe vera, bisabolol from chamomile or refreshing cucumber. Look for one that also has moisturizing active ingredients like hyaluronic acid and vitamin B5. To maintain the skin's protective barrier, try products made with hydrating shea butter or jojoba oil. The sun's rays can cause oxidative stress on the skin, so look for after-sun products with antioxidants like Rheelba oat seedling oil.

## OUR PRODUCT PICKS



**DR. HAUSCHKA**  
Apres-Soleil  
After Sun, \$32,  
drhauschka.ca.

**CAUDALIE** Soleil  
des Vignes  
Shower Gel,  
\$15, caudalie.ca.

**ESTHEDERM**  
After-Sun  
Repair, \$55,  
beautysense.ca.

**CLARINS**  
Refreshing  
After Sun  
Gel, \$36,  
clarins.ca.



# Phototypes

Phototypes are defined by an individual’s level of photosensitivity, or predisposition to sunburn and the ability of the skin to tan. Knowing your particular phototype allows you to estimate the level of risk incurred during exposure to sun rays and how to adequately protect your skin. “The body’s ability to synthesize melanin is what helps it fight the UV radiation that is largely responsible for sunburn. The lighter the skin tone, the less melanin it synthesizes, leading to more severe and problematic sunburns,” explains Montreal-based dermatologist Dr. Joseph Doumit. Various levels of sensitivity to the sun determine the different phototypes. “Phototypes make it possible to assemble skin tones according to their reactions to UV radiation from the sun. People with fairer complexions are more prone to skin cancer risks from sun exposure due to insufficient melanin production,” adds Dr. Doumit. Phototypes are also known as the Fitzpatrick scale—which you may recognize from the face emojis on your smartphone! There are six phototypes that are organized primarily by skin tone and hair colour.



## PHOTOTYPE I

THIS IS AN EXTREMELY RARE PROFILE. IN THIS GROUP ARE PEOPLE WITH VERY PALE COMPLEXIONS AND BLONDE OR RED HAIR, INCLUDING THOSE WITH ALBINISM. MANY IN THIS GROUP DON’T HAVE THE ABILITY TO SYNTHESIZE MELANIN, SO EVEN THE SLIGHTEST EXPOSURE TO THE SUN CAN CAUSE SUNBURN. **PROTECTION:** NO SUN EXPOSURE IS RECOMMENDED FOR THIS TYPE.

**NEUTROGENA** Ultra Sheer Body Mist Sunscreen SPF 60, \$13.50, walmart.ca.  
**LA ROCHE-POSAY** Anthelios Ultra Fluid Face Lotion SPF 50+, \$29, laroche-posay.ca.



## PHOTOTYPE II

THOSE WITH VERY FAIR SKIN TONES, OFTEN WITH BLONDE OR RED HAIR ARE IN THIS GROUP. THIS TYPE IS EXTREMELY SENSITIVE TO THE SUN, SUNBURNS EASILY AND DOES NOT TAN. **PROTECTION:** IT’S RECOMMENDED THAT THE PEOPLE IN THIS GROUP USE A HIGH PROTECTION SUNBLOCK OF SPF 50+ AND REAPPLY SUNBLOCK REGULARLY—AND ALWAYS AFTER SWIMMING, SWEATING OR TOWELLING OFF.

**AVEENO** Sensitive Skin SPF 50 Mineral Sunscreen Stick, \$16, walmart.ca  
**BIODERMA** Photoderm Mineral SPF 50+ Very High Protection Spray, \$29, bioderma.ca.



## PHOTOTYPE III

THIS PROFILE ALSO HAS FAIR TO LIGHT SKIN TONES WITH BLONDE TO DARK HAIR. LIKEWISE, THIS GROUP IS HIGHLY SENSITIVE TO THE SUN’S RAYS, AND WILL OFTEN BURN, THOUGH SOME MAY LIGHTLY TAN.

**PROTECTION:** IT’S ALSO RECOMMENDED FOR THIS GROUP TO REGULARLY APPLY (AND REAPPLY) AN SPF 50+ SUNBLOCK.

**AVÈNE** High Protection Spray SPF 50+, \$33, shoppersdrugmart.ca.  
**FUNCTIONALAB** Mineral Sunscreen SPF 50, \$50, dermapure.com.



## PHOTOTYPE IV

THIS GROUP INCLUDES THOSE WITH OLIVE TO MEDIUM COMPLEXIONS AND DARK HAIR. WHILE THIS TYPE MAY TAN EASILY, THERE’S STILL A RISK OF SUNBURN.

**PROTECTION:** EVERYONE NEEDS PROTECTION FROM THE SUN TO PREVENT SUN DAMAGE, SO IT’S RECOMMENDED FOR THIS PHOTOTYPE TO USE AN SPF 30+ AT ALL TIMES.

**AMOREPACIFIC** Moisture Sun Protector Broad Spectrum SPF 35 Sunscreen, \$86, sephora.ca.  
**CLARINS** Sunscreen Body Cream SPF 30, \$38, clarins.ca.



## PHOTOTYPE V

IN THIS PROFILE ARE THOSE WITH MEDIUM TO MEDIUM-DARK SKIN TONES AND DARK HAIR WHO TAN WITH RELATIVE EASE AND RARELY SUNBURN.

**PROTECTION:** EVEN WITH LOWER RISK FOR SUNBURN, AN SPF 30 IS STILL RECOMMENDED FOR THIS PHOTOTYPE.

**VICHY** Idéal Soleil Dry Touch Melt-in Lotion SPF 30, \$30, vichy.ca.  
**COPPERTONE** Glow Brilliant with Shimmer SPF 30, \$10, walmart.ca.



## PHOTOTYPE VI

PEOPLE WITH DARK COMPLEXIONS AND DARK HAIR ARE IN THIS GROUP. THIS PHOTOTYPE TANS EASILY AND IS NOT TYPICALLY SUSCEPTIBLE TO SUNBURN.

**PROTECTION:** EVEN NATURALLY PIGMENTED SKIN NEEDS PROTECTION FROM THE SUN’S UV RAYS. IT IS STILL RECOMMENDED FOR THIS TYPE TO USE AN SPF 30.

**UNSUB** Mineral Tinted Face Sunscreen in Medium/Dark, \$39, unsuncosmetics.com.  
**PRO-DERM** Facial Day Cream Broad Spectrum SPF 20, \$54, etiket.ca.







“Always rinse your hair immediately after swimming, since chlorine can damage your colour and the accumulation of salt water can attract the sun and cause further damage.”

## SUMMER HAIR THERAPY

Just as the sun’s rays can burn the skin, they can have a similar effect on your tresses. “Basically, hair proteins break down with sun exposure, which can dehydrate and weaken the hair,” explains Brennen Demelo, hair expert and artist for L’Oréal Paris Canada. One of the most obvious signs of sun damage is brittle and dry-looking hair. The hair may also become discoloured and look coppery. Other signs are the loss of volume and locks that don’t hold their style. Although all hair types are vulnerable to sun damage, hair that is already dry and damaged, especially colour-treated hair, should be given special attention.

Protecting your mane from the sun’s radiation requires using the right products and incorporating certain habits during prolonged sun exposure on days at the pool or the beach. “If you’re going swimming, always rinse your hair immediately afterward, since chlorine can damage your colour and the accumulation of salt water can attract the sun and cause further damage,” recommends Demelo. It’s also important to protect your hair from wind, which can cause tangles and break individual strands. A simple solution is to tie your hair up in a bun or braid, or try wrapping your hair in a scarf—the perfect summer fashion accessory—to protect strands from moving around.

L’ORÉAL PARIS  
Extraordinary Oil  
Penetrating Oil  
Treatment, \$9,  
lorealparis.ca..



PHYTO PARIS  
Phytolage Protective  
Sun Veil, \$29,  
phyto-canada.ca.



## OUR PRODUCT PICKS



RENÉ FURTERER  
Solaire Nourishing  
Repair Shampoo, \$32,  
renefurterer.com.

LA BIOSTHÉTIQUE  
PARIS Non-Aerosol  
Lacquer with Sun  
Protection, \$53,  
amazon.ca.



L’ORÉAL  
PROFESSIONNEL  
Expert Série  
Solar Sublime  
Masque, \$40,  
matandmax.com.



**COIFFURE CURES**

You can protect your locks from sun exposure with anti-UV sprays or oils and special sun hair creams that can be applied before and after time spent outdoors. As with sunblock, it’s important not to forget to repeat the treatment after swimming. For more intensive hair care, saturate the hair with a leave-in treatment or conditioner that gives deeper hydration and protection. Many brands offer ranges of specialty shampoos and conditioners for sun-damaged hair. These products are designed to repair and nourish tresses, protect them from UV radiation, and remove the salt, sand or chlorine particles accumulated during the day. Most of these products are gentle enough for daily use, if you’re spending a lot of time outdoors or swimming.

The best ally against a sun-stressed mane is a hair mask. You can apply the mask two to three times a week, and most can even be left on overnight. Another option is a nourishing hair oil, which is ideal to use after showering to provide hydration and shine. When getting out of the shower, apply a small amount to wet hair and massage through the entire length of the hair with an emphasis on the tips. If your hair is especially dehydrated, wait until hair is dry and then apply oil sparingly. Avoid any kind of heat treatments (hair dryers, flat irons, etc.) as much as possible to prevent further damage.