

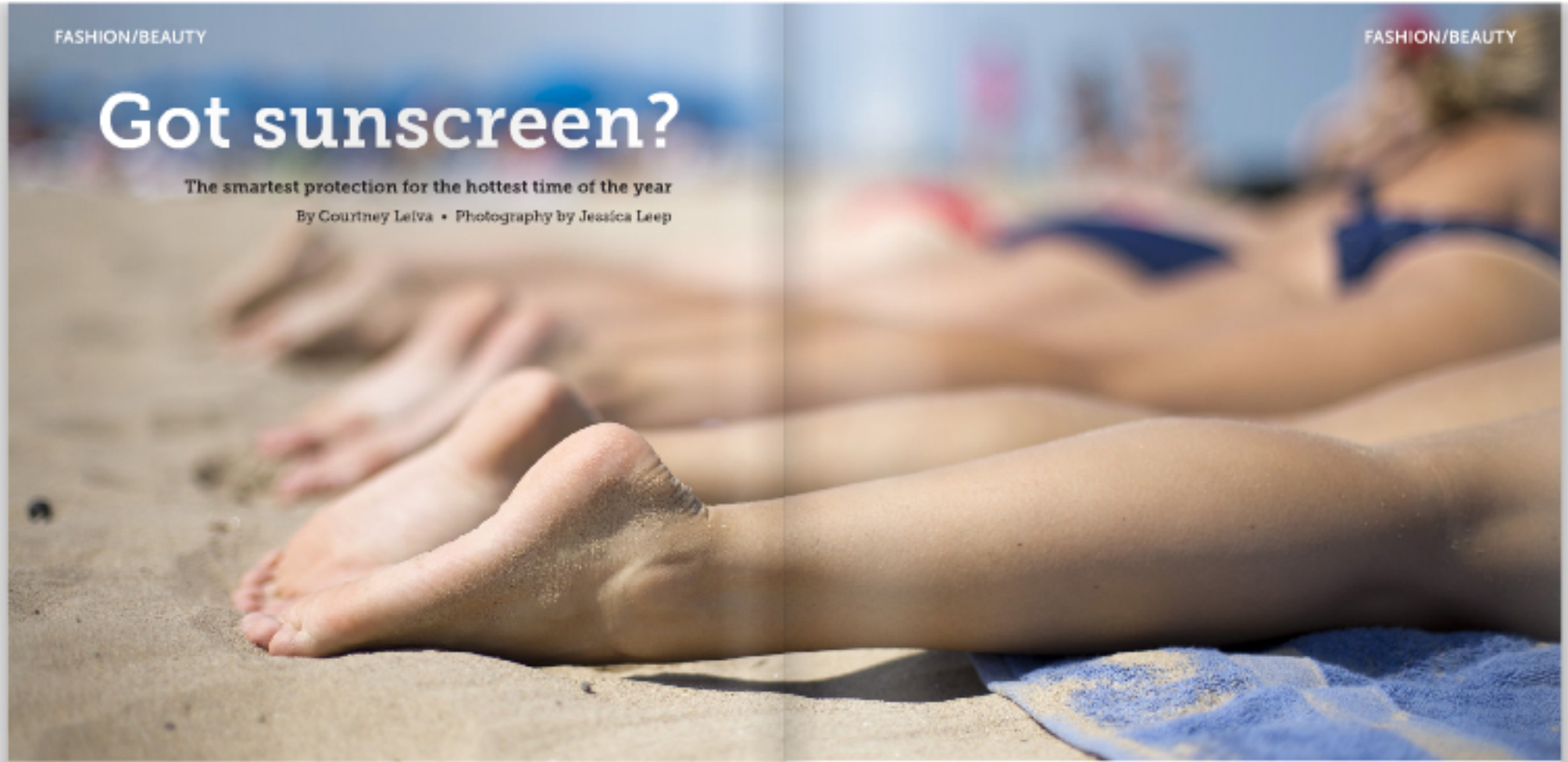


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Got sunscreen?

The smartest protection for the hottest time of the year

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As the warm summer sun beams down in full swing, get a head start with proper skincare protection. With a brand new summer season comes brand new SPF rules, so take note from several skincare experts about the changes in sunscreen labels, the SPF number to start with and the shadow-shade rule to live, play and sun by. The Food and Drug Administration (FDA) issued new sunscreen label rules that went into effect this

summer, and **Dr. Tony Nakhla**, author of the best-selling book *The Skin Commitments: 10 Rules to Healthy, Beautiful Skin*, said buying sunscreen is now a lot less misleading. "For the first time," Nakhla says, "new FDA regulations permit manufacturers to advertise that sunscreen helps protect against skin cancer and signs of aging based on key elements in the formulation of the product."

Catch up with this recap of recent FDA sunscreen label changes:

- Sunscreens that block UVB radiation and some UVA radiation may be labeled as broad-spectrum products.
- Broad-spectrum products with an SPF of 15 or higher may state on the label that they reduce the risk of skin cancer and premature skin aging.
- No sunscreen product may claim an SPF above 50.
- No sunscreen can advertise as a "sun blocker."
- Any claims that sunscreen products are waterproof or sweatproof must be reworded as "water-resistant."

