

# ICON

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*things  
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## Dr. Nakhla's

# 10 TIPS FOR HEALTHY SUMMER SKIN

By Tom Stoup

Dr. Tony N. Nakhla, D.O., F.A.O.C.D., or simply "Dr. Tony" to his patients, is a Los Angeles dermatologist, dermatologic surgeon, medical director of the OC Skin Institute and author of the upcoming "The Skin Commandments: 10 Rules to Healthy, Beautiful Skin". Proficient in both cosmetic and medical fields, he is an expert on maintaining the skin you're in. He states, "Not just myself but the American Academy of Dermatologists recommends you protect all sun-exposed areas on a daily basis. Even through windows on cloudy days the sun's ultraviolet rays are extremely damaging to skin cells." So before you break out that hot new two-piece, bear the doctor's tips in mind.

### **1. The higher SPF the better, always**

Whether you're going to the beach or anywhere you should be protecting exposed areas with sunscreen. The way to choose your sunscreen is to pick the highest SPF you can find. SPF is a measurement of the amount of time it takes for your skin to burn. If it takes you 20 minutes to burn and you put SPF 15 on, it would then take you 300 minutes. A lot of people think SPF 30 is as high as they need to go and that's not really true. The problem is in the real world your skin is exposed to wind and water and your hands and other creams and lotions you apply that can physically rub your sunscreen off. In practical terms, the higher the SPF, the more protected your skin will be.

### **2. Double or Nothing: UVA & UVB**

Photo-aging is a process by which harmful UVA and UVB rays cause wrinkling and blotchy pigmentation and can turn your skin cells into cancer cells. UVA is a type of radiation that doesn't necessarily cause sunburn but it's the one most closely linked to the deadly skin cancer, melanoma. SPF only measures UVB, so even a high SPF is not good enough – you need to look for a sunscreen that covers both UVA and UVB. Another important tip is to wear this sunscreen indoors. You may not realize a lot of deadly skin cancers can occur inside the house. I'm not an ophthalmologist, but a lot of degenerative, blinding diseases that come with aging occur because of UV radiation, also.

### **3. Apply Liberally**

Most people think a couple dabs will do. If you're out in the sun without a shirt you really need



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Swimsuit: [www.oceandeluxeswimwear.com](http://www.oceandeluxeswimwear.com)  
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*Beauty*



to lather up your body. You need about an entire shot glass worth of sunscreen – about an ounce or so – to cover sun-exposed areas. For the face you need about a teaspoon. Using too little actually dials back the SPF.

#### **4. Waterproof It**

If you are going to be exposed to water, you should really think about using a water resistant sunscreen. Water resistant sunscreens are tested to ensure they're still present in the skin after 40 and 80 minutes of swimming. That's how they get their seals of approval, so to speak. The problem is that they can be greasier, but if your skin can tolerate it, go waterproof. Do it even if you're not going swimming. The reason: you're gonna sweat!

#### **5. Save Your Money, Save Your Skin**

You don't have to spend a lot to get a good product. Be careful of any multi-million dollar endorsements from celebrities. A lot of the stuff you can find in your drug store is really good. You don't have to import from Paris.

#### **6. Laying Out? Think Again!**

No matter how hard you try to protect yourself from the sun with sunscreen, you also need to avoid unhealthy habits if you're going to be outdoors for long periods of time. Number one: avoid leaning your face directly into the sun. A lot of people think they need to "lay out" directly in the sun... that's just a bad idea. When you can, sit in the shade, under an umbrella, and wear a hat!

Your most important asset is your facial skin – protect it! Try to wear a hat with a brim that shades most of your face.

#### **7. Go Oil-Free on Your Face**

It is possible to go overboard with sunscreen, especially if you have acne-prone skin, but usually that's less of an issue than underdoing it. There are different products for different parts of the body. Ones for the face are usually oil-free; they'll feature the term "noncomedogenic", which means they won't clog your pores.

#### **8. Try UV-Protective Clothing**

You obviously know that wearing a tank top while playing volleyball isn't good protection from the sun, but who wants to wear a giant sweater or flannel? A good option is sun protective clothing - lightweight, sleeved clothing measured in UPE, basically the SPF of fabrics.

#### **9. Eat Your Vitamins, ACE!**

The most important vitamins for your skin are A, C and E. There are different forms of vitamin A; the type we're talking about is beta-carotene, which has ultraviolet protection capabilities. It's in orange-colored foods like carrots, sweet potatoes, cantaloupe, squash, apricot, pumpkin and mango. Vitamin C also protects from radical sun damage and is in citrus fruits and vegetables. Vitamin E helps stabilize the skin membranes and is found in nuts like almonds and hazelnuts.

#### **10. Chill Out**

Some of the most common skin disorders are triggered by stress. For example, a lot of people have gotten stress pimples before. Why do you get stress pimples? Well, your body releases hormones when you're emotionally or mentally stressed that basically contribute to the formation of pimples. Those hormones act directly on your oil glands, cause them to produce excessive amounts of oil and you wake up the next morning with a pimple on your forehead. Other diseases like psoriasis, eczema, rosacea and chronic itchy rashes – also known as neuro-dermatitis, which literally means inflammation of the nerves - are due to stress. A lot of people see me thinking they have a serious rash when no other pill than a chill pill will relax it. ■



Nakhla drew inspiration for "The Skin Commandments", from seeing many of his patients' frustrations with an

over-abundance of "stuff". He says, "Whether it's Justin Bieber or Cindy Crawford or even P. Diddy promoting a skin care line on an infomercial, or every department store carrying a magic facial brush or washcloth you can buy for a couple hundred dollars, there's really no guide out there for people, and a lot of times people turn to non-professionals for advice. I want to offer simplified, down-to-earth solutions for skin care problems and give bottom-line basics for what is needed to achieve healthy and beautiful skin."

"The Skin Commandments" will be available this September.