

Suncream MADE SIMPLE

SAVE £££s

There's no need to dip into your bikini budget to buy suncream. 'Expensive sunscreens aren't necessarily better than cheaper ones,' reveals consultant dermatologist Nevianna Tomson.

'As well as the SPF (which protects against UVB rays – the ones that cause sunburn and skin cancer), you need to consider the UVA star rating which protects from rays associated with ageing. The British Association of Dermatologists recommends sunscreen with at least SPF 30 and a UVA star rating of four to five – both should be labelled. A water-resistant formula's also important,' she explains.

Supermarkets are a fab place to nab bargains. **Aldi Lacura sun care products, priced £2.99 or less**, all have a five star UVA rating and go up to SPF 50. Other



high-shield gems include **Tesco Soleil Sun Spray SPF 30, £3; Asda Protect Sun Lotion SPF 30, £3.50; Morrisons Protect & Nourish Sun Lotion SPF 30, £3, and Sainsbury's Sun Protect Lotion SPF 30, £4. Boots Soltan Family Pack, £13.99**, is worth over £31.50!

What about stockpiling sunscreen on special offer? 'The expiry date's fairly long (around 12 months) so it can be used the following year. It's best if the bottle's unopened and stored in a cool, dark cupboard,' Nevianna explains.



NO MORE SAND STICKING!

Dry touch technology is the hottest development in sun care. While non-greasy formulas have been around for yonks, new **Piz Buin Ultra Light Dry Touch Sun Fluid SPF 30, £16.99 for 150ml**, and **Garnier Ambre Solaire Dry Mist Protective Mist SPF 50, £15.99 for 200ml**, take things one step further with a revolutionary barely-there feeling. But while lightweight doesn't mean less protection, they do take a little getting used to. We also noticed it's harder to tell when the cream's worn off so you'll need to be extra strict about re-applying.

WHY HASSLE-FREE BUYS ARE HEROES

'It's so hard to get consumers to apply enough sunscreen regularly. Changes like new "dry touch" finishes may sound small but I really think they will alter people's attitude towards sun protection and make it less of a chore,' explains cosmetic dermatologist Dr Sam Bunting (drsambunting.com).

If the latest stats are anything to go by, a change of attitude's totally needed. 'Skin cancer rates are rising faster than any other cancer in the

UK,' says John Major of the British Association of Dermatologists. Over two people aged 15-34 are diagnosed with malignant melanoma (a type of skin cancer) every day in the UK.*

The 'keep safe' rules? For each full-body application use enough sun cream to fill a shot glass, reapply at least every two hours even when you're out early in the morning and evening, and make a beeline for the shade between 11am and 3pm.

Reveal beauty

Make this the summer you stay protected and stress-free with our money-saving tricks and ground-breaking new buys

EXTRA PROBLEM SOLVERS

Cool down quick

Nivea Sun Protect & Refresh Refreshing Sun Lotion SPF 30, £15 for 200ml

Added menthol makes this a sun weapon and skin-cooler in one. Nivea has also cleverly changed all its packaging, making the bottles easier to grip.



Double duty

Clarins Sunscreen Care Oil Spray SPF 30, £19 for 150ml

Save on suitcase space with this sun shield for hair, scalp and body. The dry oil leaves a gorgeous sheen on skin and won't make locks feel lank.



No drying off needed

Superdrug Solait Wet Skin SPF 30, £9.99 for 200ml

Unlike most formulas, this works on wet skin, preventing the sunburn that strikes when you're drying off on your sunlounger.



Zero mess mousse

The Sun Mousse SPF 30, £19.99 for 150ml, hunterandheath.com

This whipped texture is a must-try. It doesn't spill everywhere like runny lotions and sinks in quicker than anything else we've tried.



Bye bye stinging eyes

La Roche-Posay Anthelios XL Ultra-Light Fluid SPF 50+, £16.50 for 50ml

Part of a range recommended by skin experts, this is a saviour for sensitive faces. It feels matte and doesn't make eyes water.



Long-lasting protection

Ultrasun High SPF 30 Super Sensitive Family Formula, £25 for 150ml

Once a day suncreams have long sparked debate among skin pros. But this classic has lots of loyal fans and impressive research to back up its claims. It's still wise to reapply it regularly though.

