



# Amber's picks Best facial sunscreens

After an eye-opening encounter with a camera that tests for sun damage, I'm vowing to improve my sunscreen regime. Here's why you should too...

I've always considered myself sun savvy so I was feeling pretty confident when asked to take part in a sun damage assessment at a recent press event. But when I sat in front of the UV-filtering camera all I could think was 'yikes!' My 24-year-old complexion wasn't quite the picture of purity.

At the moment, the damage can't be seen by the naked eye, but showed up as a mass of freckles and dark spots on the screen. Any one of these could start showing at any time on the surface of my skin – signifying irreversible sun damage. But the expert dermatologist told me, 'You can prevent further marks from occurring.'

'Sunscreen is the best anti-ageing product there is,' says Justine Hextall, a consultant dermatologist, who swears by the Ladival suncare range at Boots. 'I wish I could persuade every young woman to incorporate it into their regime now so they look 30 when they're 40,' she says.

Consider me told. Here are the protection promises I'm making, and you should too...

**1 WEAR IT ALL DAY, EVERY DAY**  
'UVA rays (those that cause ageing) can penetrate cloud and glass. They're present when you're sitting next to a window or hanging out in a cloudy pub garden,' explains consultant dermatologist Nevianna Tomson (suffolkskin.co.uk).

**2 CHOOSE A BROAD-SPECTRUM SUNSCREEN**  
A day cream or foundation containing SPF won't cut it. 'You'd need to apply way more than your standard amount to deliver the protection promised on the label,' Nevianna tells me. 'Instead, choose a specific sunscreen product with a five-star UVA rating on the label,' she adds. Apply after moisturiser and before make-up.

**3 DON'T GO LOWER THAN SPF 30**  
Pros agree SPF 30 does the trick – it guards against 97 per cent of UVB rays while SPF 50 blocks 98 per cent, so there's not much difference. Don't worry about missing out on vitamin D – most experts say we get enough in our daily lives, but you can take a pill to top it up.

**4 SLAP ON ENOUGH**  
The sun damage camera shows the pea-sized blob of lotion I tend to apply barely creates a veil. Nevianna says, 'You need to apply around half a teaspoon for a suitable shield on your face, neck and ears.'



**Vichy Idéal Soleil Face Dry Touch SPF 30, £16.50**, boasts special powders that absorb grease without drying out skin. The dream if you're prone to shine.

*Keeps oily bits at bay*

**La Roche-Posay Anthelios XL Ultra Light Fluid SPF 50, £16.50** – every dermatologist I've met rates it. It hydrates without blocking pores and acts as a great base for make-up.

*Light fluid that suits everyone*

**Clinique Super City Block SPF 40, £18**, uses mineral filters that reflect UV light instead of chemical filters that absorb it.

*Mineral formula that hides redness*

**Superdrug Solait Mattifying Face Fluid SPF 30, £3.99**, has all the credentials of a luxe sunscreen. Every skin type will get on with it except the very dry.

*Under-a-fiver hero*

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**Eyes**  
Swap smoky grey for smouldering brown. You can't go wrong with **Collection Eyes Uncovered Palette in Nude, £3.99** – it flatters everyone! Use a lighter shade on the lid, adding definition with the darkest shade in the crease.



**Nails**  
Swap 'dark and glossy' for matte brights. Colour pop pointers are back for summer. The twist? Make 'em matte! Slick **Collection Long Lasting Nail Effects Matte Topcoat, £2.99**, over **Collection Up To 7 Day Wear Nail Polish in Touch of Pink, £1.99**, to give an on-trend shine-free finish. Both are quick-drying and stay chip-free for up to a week!

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**COLLECTION**

**THE KARDASHIANS' GREAT SKIN SECRET**  
Kim Kardashian West, 34, never goes anywhere without sunscreen, while Khloé, 30, keeps a tube in her car so she remembers to reapply regularly. Even Kendall, 19, and Kylie Jenner, 17, apply daily protection to their face and hands.

