



SPECIAL PULLOUT INSIDE

Daily Mail, Tuesday, June 1, 2004

GOOD HEALTH

10 best ways to stay safe in the sun

PROTECTION in the sun is vital — but the incredible number of sunscreens available can be bewildering. Good Health asked skin cancer expert Dr Mark Birch-Machin from Newcastle University to choose ten sun protection products that offer excellent value for money — and that really work.

TANIA ALEXANDER

Marks & Spencer View From broad brim hat, £12

A HAT can give extra protection against the sun — particularly for balding men. This one is part of the men's View From sportswear range, made of a tightly woven fabric that gives a sun protection factor (SPF) of 40+. The brim also helps keep some of the rays off the face and neck. It contains reusable cooling crystals to keep you cool on hot days — just soak in water for a few minutes and place on your head. Stockists: 0845 3021234, www.marksandspencer.com.



Soltan Hair and Scalp Sun Protector, £7.48 for 100ml

MELANOMAS often occur on the scalp if someone is bald or has thinning hair. This product is excellent as it is non-greasy. It has an SPF rating of 25 and the new Soltan five-star UVA rating. Stockists: 0845 0708090, www.boots.com.



Nivea Sun Touch Self Tan Lotion, £8.49 for 150ml

TANNED skin is a sign of damaged skin despite its 'healthy' look. When the tan fades, the damaged DNA remains. If psychologically you feel the need for a tan, I would always advocate faking it as this is not harmful to the skin. This product is easy to use and gives a healthy looking glow. Formulations available for fair or dark skin. Stockists: 0800 616977, www.nivea.co.uk



Sun Sense Sport Gel, SPF30, £8.99 for 125ml

GOOD for outdoor sport types. Non-greasy with a refreshing feel. It does not smear when you sweat. The gel is easy to apply to hairy areas. It has an SPF30, a 4-star UVA rating and is water-resistant for up to four hours. Be vigilant when out on the water as it reflects about 20 per cent of the sun back. Stockists: 01603 735200, www.typharm.com.



E45 Sun Lotion, SPF30, £10.28 for 150ml

IF YOU have very sensitive skin, sunscreen may irritate it, or aggravate existing problems. E45 has a good history of looking after eczema, dryness and sensitivity. This lotion is hypo-allergenic and perfume free. It also rubs in very easily. It has a four-star UVA rating. Stockists: 0115 968 8664, www.E45.com



Delph Sun Lotion SPF30 £6.29 for 200ml

MOST people apply only about two-thirds of the sun cream that they should. Pack about three 200ml bottles per adult for a fortnight in the sun. This one is good value and fits the safety criteria — SPF30 (recommended guidelines are for an SPF15-30), which provides good protection against UVB, and a four-star UVA rating. Stockists: 01235 638590.



Nivea Sun Children's Sun Spray, SPF40, £14.99 for 200ml

SUNBURN in childhood doubles the risk of developing skin cancer in later life. The spray format makes it quick and easy to apply. And children like it because it is green so they can see which bits they have covered. The bottle is easy for little hands to grip. It is water-resistant — ideal for children who like to keep dipping in and out of the pool or sea. It offers very high UVB protection — SPF40. The UVA rating is three star, which is fine as this is always calculated in relation to the SPF rating. Stockists: 0800 616977, www.nivea.co.uk



Soltan Sunstick, SPF25, £3.29

CARRY a sunstick small enough to slip in to a pocket or purse — it's ideal for covering small areas such as ears, nose and lips. This one, part of the Soltan range from Boots, offers five-star protection from UVA — the highest available. Stockists: 0845 0708090, www.boots.com



Blockhead Face Cream, £15.99 for 100ml

THE incidence of men's skin cancer in the UK has increased threefold in 20 years as men are often not so careful about applying sun protection. This product should appeal to males, a non-greasy cream designed for the face with an SPF of 25 and a high four-star UVA rating. There's also a range of lotions for the body. Stockists: 01892 750333, www.blockhead.info



SPOSH Rash Top and Boardies £42 including postage

THIS top and shorts are part of an excellent range from New Zealand which offers an Ultraviolet Protection Factor of up to 50+. They are styled to appeal to children. There is also a matching nylon legionnaires cap for £13 which really helps protect the back of the neck. Mail Order 0208 332 7467/ www.beachfactory.com



50,000 women in the UK die from heart disease each year — 14 per cent of all premature female deaths are due to this.