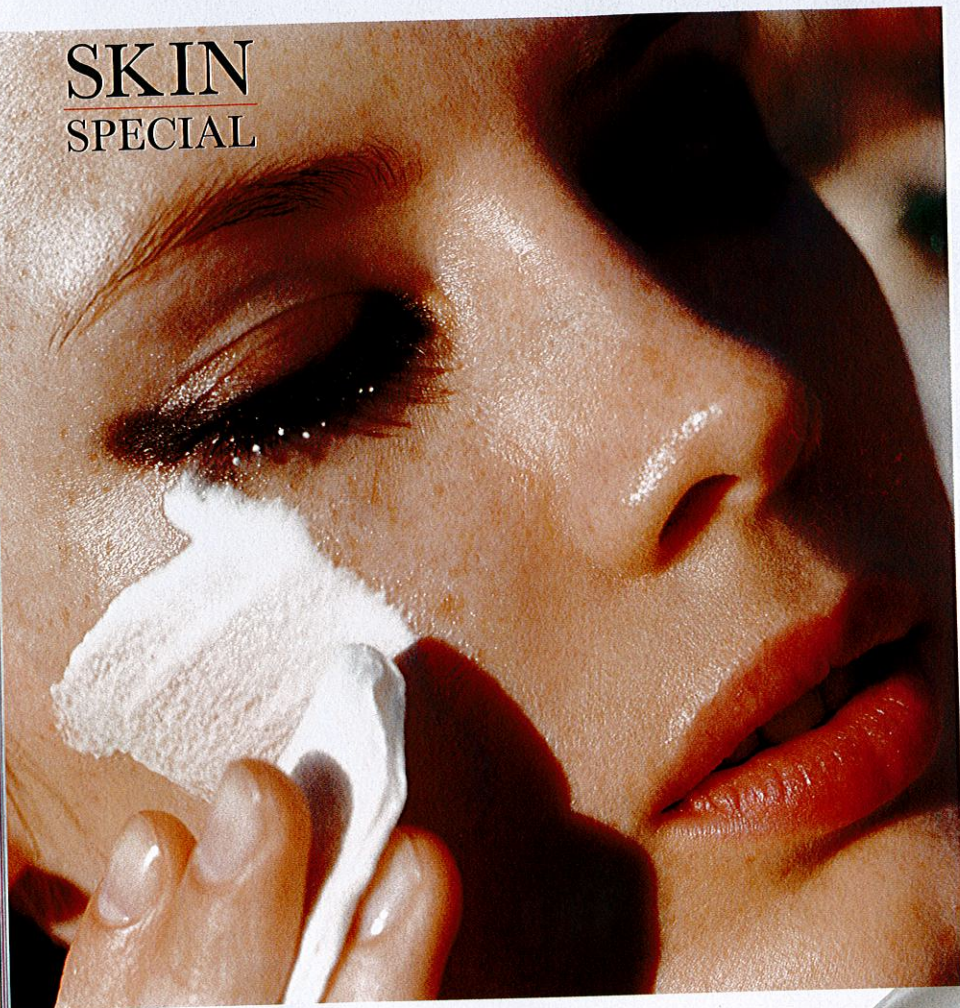


SKIN SPECIAL



“We’re seeing more evidence-backed skin-care formulations and far less hype in a jar.”

SPF Update

In the forecast: clearer visibility in the sunscreen aisle. The FDA has issued new rules to prevent false and confusing claims.

- **LOOK FOR THE TERM** “broad-spectrum” on the bottle, since only products that shield against both types of radiation—UVA (which causes wrinkles and skin cancer) and UVB (which causes burns, too)—can claim it.
- **ONLY SUNSCREENS** with broad-spectrum protection and SPF 15 or higher may claim to reduce the risk of skin cancer and early aging if used as directed—with frequent reapplication.
- **MISLEADING TERMS** like “waterproof,” “sweatproof,” and “sunblock” are banned altogether. A product that bills itself as “water-resistant” must specify how long you can stay in the water before it wears off—for either 40 minutes or 80 minutes.

Sunscreen-Safety Update

After years of scrutiny, sunscreens with nanoparticles of zinc oxide and titanium dioxide, the tiny mineral grains that create an invisible sun shield on the skin, have emerged from a cloud of suspicion. Watchdog groups warned that these nanos might be able to pass through skin and enter the bloodstream, causing inflammation and other problems. But one of the loudest critics has done an about-face after examining the safety record; in fact, the Environmental Working Group now considers formulations with nanoparticles “among the safest, most effective sunscreens on the market.” (Because of potential inhalation hazards, nano-containing sprays didn’t get the group’s approval.) According to Draelos, most of the falsely incriminating studies were done on pig skin, which is more absorptive than human skin.

HOT INGREDIENT

TCA

Another powerful exfoliant to make the leap from doctor’s office to drugstore, trichloroacetic acid—familiar from once-scary in-office peels—has been remixed for home use. Gloss Skin Retexturizing Cream by SkinLuma, a mixture of TCA, antioxidants, and a mild retinoid, claims to boost cell turnover and collagen production while giving a glow. “This is the first time TCA has been stable and mild enough to be put in a cream,” says dermatologist Elizabeth Tanzi. “It exfoliates as well as 40 percent glycolic acid, but without irritation.”

FROM TOP: BRUNO POINSARD/FOLIO-ID.COM; ROGER CABE

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