

the
 WHAT TO WEAR
 AT THE BEACH CLUB
 AT THE POOL
 AT YOUR FRENEMY'S BARBECUE
 HOLLYWOOD MADNESS
 YOU WON'T



DAILY SPF!

WITH HAMPTON SUN SPOKESPERSON DR. LANCE BROWN, A DERMATOLOGIST WITH OFFICES IN NEW YORK CITY AND EAST HAMPTON AND A CLINICAL ASSISTANT PROFESSOR IN NYU'S DEPARTMENT OF DERMATOLOGY

How much sunscreen do we really need?

In a perfect world, everyone would apply the equivalent of a shot glass full of sunscreen. It's a worthy goal and skin health would reflect it, but thoroughly applying sunscreen with a strong dose of care and common sense can be effective too. The best rule is to use enough sunscreen to liberally cover all exposed areas.

Which SPF do you use?

SPF 30 or higher. Thirty is the point where the efficacy curve plateaus. But everyone is different—if you are still getting tan or burning with SPF 30, it is either not high enough for you, you are not applying enough, or you are not reapplying frequently.

Why do you recommend Hampton Sun products?

Hampton Sun includes several

technical advancements attributed to Polycrylene, a unique and novel ingredient that helps enhance SPF strength and improve water-resistance, while meeting the current FDA sunscreen requirement. As a dermatologic surgeon, I counsel patients daily on the medical and antiaging benefits associated with protecting one's skin from the sun.