

EBONY

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The World According to PRINCE

With a little help from Tavis Smiley

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summer skin care special

One pervading myth about the health and appearance of dark skin is that it's all good by itself. While we tend to believe "Black won't crack" because of the high level of melanin that naturally protects against wrinkles and sunburn, the truth is that "judicious sun protection is key to maintaining these natural advantages," says Sumayah Jamal, M.D., Ph.D., director, Ethnic Skin Clinic at the NYU Langone Medical Center. Treat your skin to a little more love this season with a lesson in summer skin care from Dr. Jamal.

BY ELAINE WELTEROTH



basics PICKING OUT YOUR SUN PROTECTION

"For the best protection against sun-related aging and damage as well as skin cancer, a broad spectrum UVA and UVB sunscreen is key. Use a photo-stabilized formula that does not degrade upon contact with the sun." Try Neutrogena Ultra Sheer Dry-Touch Sunblock SPF 100+ (\$11.99; drugstores nationwide).

blunders DARK SPOTS

"Hyperpigmentation (the development of abnormally dark spots or areas) can develop from acne, burns, scratches and even dryness or minor skin irritation. The sun worsens dark spots, making it a challenge to maintain even skin tone, especially in the summer." Try Clinique Even Better Clinical Dark Spot Corrector and Clinique Even Better Makeup SPF 15 (\$49.50 / \$24.50; clinique.com).



**even better
clinical**
dark spot
corrector
concentré
anti-taches
correction teint



BLOTCHINESS

"Seborrheic dermatitis is a common condition that can cause light-colored patches on the skin. It is caused by a fungal element and often flares when the weather is warm. Go for face washes that contain the natural anti-fungal tea tree oil or a prescription medication from a dermatologist." Try Black Opal Skin Perfecting Acne and Blemish Wash (\$5.95; drugstores nationwide).

EXCESS OIL

"Consider switching to a lighter-weight moisturizer for the summer when the skin tends to produce more oil, which can wreak havoc in those who are acne prone." Try Laura Mercier Tinted Moisturizer SPF 20, now available in 10 shades (\$42; Sephora).



DULLNESS

"During the summer, you can increase the frequency of exfoliation to prevent clogged pores and keep the skin glowing. I prefer an exfoliant that has fine beads as opposed to chunkier particles." Try Fashion Fair Refining Face and Body Scrub (\$22; Macy's).



DRYNESS

"We lose a lot of water during the summer months due to increased perspiration, so make sure that you compensate by drinking plenty of water. Also, summer activities such as swimming in chlorinated water or salt water can take their toll on skin's appearance. Replenish moisture and nutrients with nourishing hydrators." Try Creme of Nature Nourishing Body Lotion in Sweet Mandarin & Lemongrass (\$6.99; barber and beauty supply stores).



Beautifying Your Brown

What good would the basics be if you couldn't spoil your skin with a few bells and whistles? These gotta-have goodies will send you into the sun glowing like a goddess.

CLEAR YOUR CANVAS

Wonderbar may look like just a clay compound, but this unique do-it-all bar works wonders on your skin.



Made with hundreds of healing herbs, it brightens dull skin, removes makeup, visibly tightens pores and balances the pH levels on every skin type in one step. It is also used to treat eczema, acne, psoriasis and razor burn. Expect results in as little as a few days (\$40 for a six to eight weeks supply; wonderbarusa.com).

COMPLETE COVERAGE

Cover FX Total Coverage Cream Foundation SPF 30 conceals bruises, scars and blemishes on your body with just a touch. The highly pigmented corrective cream is even used on film sets to cover the tattoos of actors including Angelina Jolie. Available in more than 30 shades (\$42; sephora.com).



TAKE A TIP FROM THE RED CARPET

Make your legs look longer and more toned instantly by adding shine along the front of your ankle on up, says celebrity makeup artist Chase Aston.

The Body Shop Body & Leg Shine serves up tiny light-reflecting gold flakes and a luminous spillproof sheen that stays put with an easy glide of the stick. (\$18.50; The Body Shop).

Estée Lauder Bronze Goddess Body Oil is quickly absorbed into your skin for a healthy glow, and the Bronze Goddess Eau Fraiche Skinscent leaves behind a sweet coconut aroma reminiscent of endless sandy beaches (\$32/\$52; Macy's).



TAN WITH CARE

Lasting after a safe, sun-kissed look? Take control of your tan because, let's face it, we aren't all spending the summer soaking up natural sunlight.

Rimmel London Sun Shimmer Maxi Bronzer for Face and Body comes in a super-sized compact to conveniently sweep a rich rush of natural-looking radiance all over (\$7.99; drugstores nationwide).



Xen-Tan Transform Luxe eases you into an evenly bronzed body with a time-released sunless tanning formula that won't leave an orange mess on your hands. Solange uses it! (\$30; Nordstrom.com).

