



Wear shades that block 75 to 90 percent of light. Grab a mirror: You shouldn't see your eyes through lenses.

DANGER ZONES These areas are surprise targets for sun damage.

Ears Listen up! Ears are apt to burn and form skin cancer because they protrude and have hard-to-reach curves. Cover the sun-sensitive spots with Mission Skincare Anti-Sting Sunscreen SPF 30 Facestick, \$9.

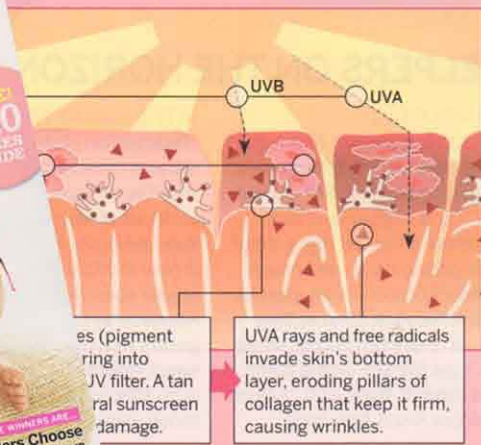
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...and hide
...with UPF (it's
...into fabric).

Legs Women develop more melanomas on these limbs than anywhere else, according to the American Cancer Society in Atlanta. A mist or spray helps give you a leg up on total coverage. Try Clinique SPF 25 Body Spray, \$20.

...that the face (especially
...s your most frequently
...tired feature, a Self.com poll indicates.



YOUR BURN The lobster look is a real effects go far beyond the surface. "Ultraviolet rays begin information that immediately disrupts the health of skin cells," ... a dermatologist in Montclair, New Jersey. Here's how:



es (pigment ring into JV filter. A tan ral sunscreen damage.

UVA rays and free radicals invade skin's bottom layer, eroding pillars of collagen that keep it firm, causing wrinkles.

ILLUSTRATION: GOLDEN SECTION GRAPHICS



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