

From foundation to fake tan, including SPF is beauty's latest selling point. But our scientific test sounds a warning...

# Don't trust all the new cosmetics that claim to protect you from the SUN

**DARK AREAS SHOW WHERE SUNCREAM BLOCKS RAYS**



**Suncream SPF 30**



*La Roche-Posay Anthelios Ultra Comfort Cream SPF 30, £16.50, laroche-posay.co.uk*

**THIS** is a textbook example of how properly applied SPF 30 should block UVA light. With the exception of the inner corners of my eyes, which I've missed, and a few marginally lighter areas on my cheeks, my face shows up dark, indicating how well the cream is protecting my skin. The UV score backs this up.

**BEST UV SCORE: 97/100**

The sunscreen is thicker than the other products, which perhaps made it inevitable that I applied more to my face – my sunscreen application technique appears to be much more thorough than my moisturiser application.

*by Claire Coleman*

**A**S WE become more sun-savvy, cosmetics companies are increasingly adding SPF to our skincare and make-up. Surely it's a win-win – multi-tasking products that will protect skin from sunburn and save time and money.

The problem is that we're *not* protecting our skin. A study from the University of Liverpool has revealed moisturisers with SPF provide less sun protection than the equivalent-strength sunscreen, because we don't apply them as liberally as sun cream.

When used properly, an SPF30 should multiply your skin's natural resistance to UVB, the type of rays that make skin burn, by 30.

So, if your skin would go red after ten minutes in the sun, putting on SPF30 means it shouldn't start burning for 300 minutes, or five hours.

All SPFs must also protect against UVA rays, which don't burn, but cause invisible damage that results in premature skin ageing and an increased risk of cancer.

The problem is that you'll only get that level of protection if you apply 2mg of product to every square centimetre of skin. And it's likely that we'll apply less of everyday cosmetics such as foundation or primer containing SPF than we do sunscreen.

Dr Sam Bunting, a cosmetic dermatologist, says: 'You should be using a dedicated sun protection product every single day, regardless of what SPF claims are on your moisturiser or make-up.'

To investigate these products, we enlisted the help of L'Atelier Aesthetics on London's Harley Street and Visia, their skin imaging camera, which shows how much UVA light is reaching the skin.

In these pictures, the light blue patches of skin indicate poor levels of protection. The darker the skin in the picture, the better protected it is.

The machine also scores how well the skin is protected from the UV light from 1 to 100.

The results were quite shocking...



**Moisturiser**



*Simple Kind To Skin+ Moisture Cream SPF30, £3.39, superdrug.com*

**THE** Liverpool University study found, on average, people missed 16 per cent of their face when applying moisturiser (compared with 11 per cent when applying sunscreen) and they tended not to apply moisturiser as thickly as sunscreen – although I thought I had done a good job, the image shows that it could have been better.

**UV SCORE: 63/100**



**Tinted moisturiser**



*Complexion Rescue Tinted Hydrating Gel Cream SPF30, £28, bareminerals.co.uk*

**TINTED** moisturiser should be easier to apply evenly, as you can see where you've put it. But most of us don't spread it over the whole of our faces.

I used my fingertips to apply this one and, as soon as I saw the image, I could see that I don't usually apply it to the top of my nose. The area around the eyes, which is most prone to sun damage and wrinkling, is unprotected.

**UV SCORE: 57/100**



**Primer**

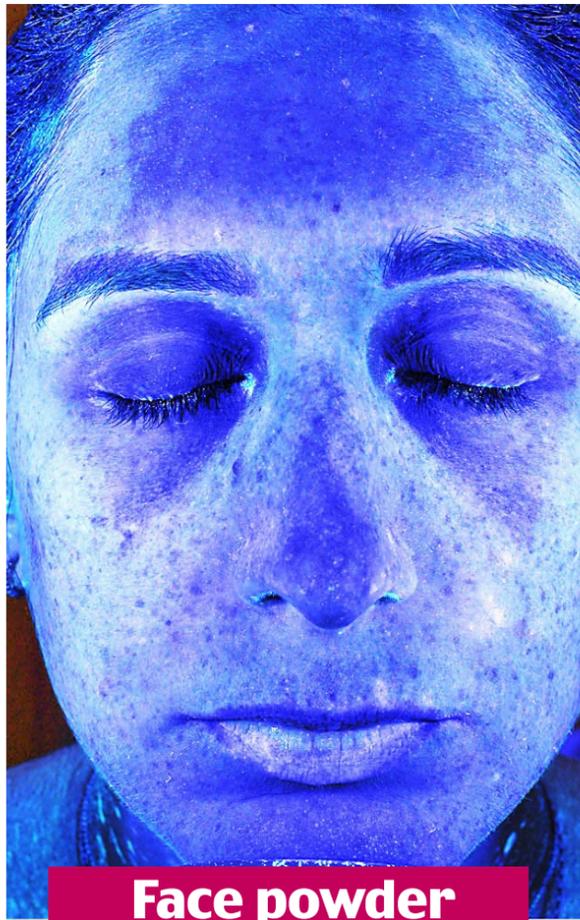


*Dermalogica SkinPerfect Primer SPF30, £44.50, dermalogica.co.uk*

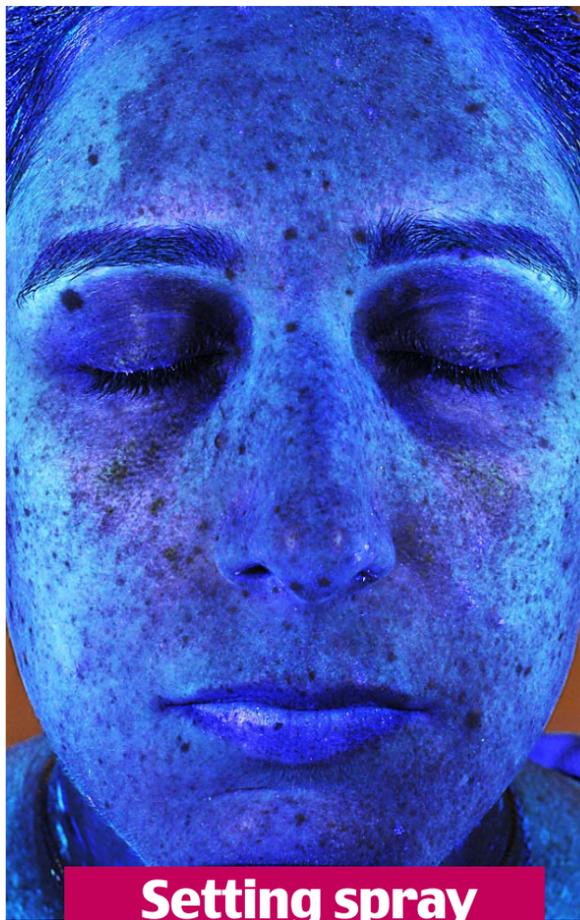
**THIS** image shows I've applied the primer pretty evenly, apart from a small patch at the top of my nose and under my brows, which I've missed. However, the lightness of the image suggests I haven't applied nearly enough to get full protection.

It's a silicone-based formula that glides easily over skin, so I need less to cover my face. This means I'd still get a hefty dose of UVA if I were in the sun.

**UV SCORE: 22/100**



**Face powder**



**Setting spray**

*Physician's Formula Mineral Airbrushing Loose Powder SPF30, £10.07, uk.iherb.com*

MINERAL make-up has become hugely popular – usually, these types of powder are made from ingredients such as iron oxide, which naturally contain SPF.

I used a large brush to apply this powder to the areas I would usually mattify after make-up. But it wasn't enough to affect the UV score: it's the same as it was when I was bare-faced.

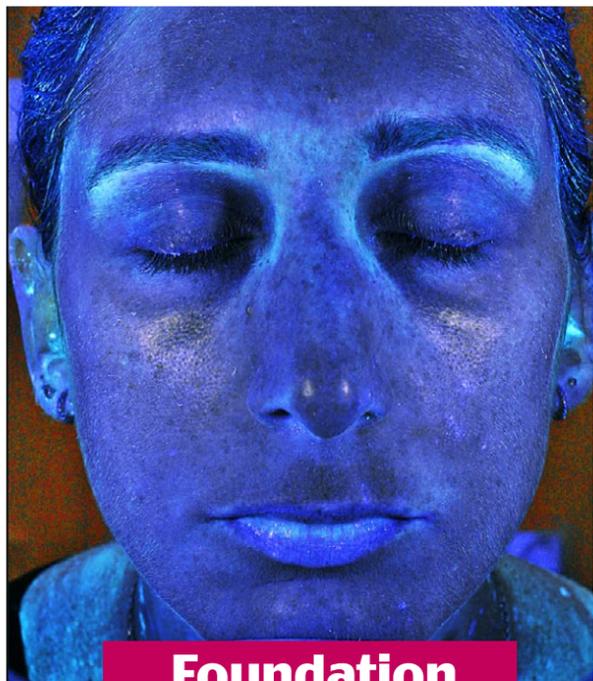
**WORST UV SCORE: 9/100**

*Coola Make-up Setting Spray SPF30, £39, spacenk.com*

THIS alcohol-based spray is designed to be used over make-up, so should be perfect for topping up sun protection. But it gives only a very thin layer of protection and there are obvious dark spots where more spray has landed.

Most dermatologists suggest that, with spray-on sun protection, you first spritz it into your hand, so you can see how much you're applying and ensure it's evenly spread. But, despite misting my face evenly, it hasn't given me proper protection. It's not something I could rely on.

**UV SCORE: 16/100**



**Foundation**



**Fake tan**

*Burberry Bright Glow Foundation SPF30, £36, uk.burberry.com*

THIS was the highest scorer after the suncream. As foundations are tinted, this makes it easier to pack them with ingredients such as titanium dioxide – a very effective sunscreen that can leave a chalky cast on the skin but, when combined with coloured pigments, can actually cover and conceal skin.

I applied this with a damp sponge and did a pretty good job of covering my forehead, cheeks and nose – but the top of my nose and between my brows have been missed. Still, with a UV score of 87, it's done a decent job.

**UV SCORE: 87/100**

*St Moriz Gradual Tan with SPF30, £8.99, superdrug.com*

I HAD high hopes for this fake tan – surely protecting yourself against the damage that a real tan gives at the same time as developing a fake one is the ultimate in beauty dreams?

I applied it as I would usually apply fake tan to my face, using a cotton wool pad to spread the product evenly over the skin.

The image shows I did a good job but, as the UV score indicates, it's not giving me the highest level of protection, as I simply haven't applied enough of it.

**UV SCORE: 33/100**



Picture: ALAMY / GETTY / POSED BY MODELS

# Beware the vampire bugs lurking in your paddling pool

LIKE many parents, I've loved watching my young children thrill in the simple delight of splashing about in a paddling pool during this hot spell.

At least I did until a couple of weeks ago, when my five-year-old daughter Charlotte was bitten by a horsefly in our garden, then walked into our bedroom at 1am holding up her right hand and saying it hurt. A lot.

A few hours later, her breathing was shallow, her heart racing and she felt burning hot, but complained of being cold.

At 3am, she vomited and her wrist was red and inflamed. By 6am, she was so lethargic and floppy that we raced her to A&E – only to discover the bite had become dangerously infected.

She spent three days in hospital on intravenous antibiotics. Five weeks later, my daughter's bite has become re-infected again.

For it turns out the sea of paddling pools up and down the UK is providing ideal conditions for the blood-sucking insects – and others – to lay eggs, as their natural habitats of ponds and marshes dry up in the heatwave.

Here's what you need to know about the dangers lurking in your paddling pool...

## RISE OF HORSEFLIES

'IT IS impossible to say if there are more horseflies this year but, as they are more active in hot weather, people are more likely to encounter them,' says Dr Thomas Ings, a senior lecturer in zoology at Anglia Ruskin University.

'Having a paddling pool may increase the chances of finding horseflies in your garden, because they are attracted to open water. The females lay their eggs on plants next to water.

'The females are attracted to large, warm, dark objects such as people, as they resemble the livestock on which they usually feed. Only females bite, as they need a blood meal to produce eggs.

'The bites are painful because they slice open the skin and lap up blood without releasing a mild anaesthetic like mosquitoes. The bites can cause an allergic reaction and become infected.' The other

possible side-effects are swelling, dizziness, shortness of breath and a painful, itchy rash.

## MOSQUITO MENACE

MOSQUITO larvae can spawn in standing water – even in a watering can.

And it takes just over a week for mosquitoes to develop from egg to adult, says Dr Ings.

'So, if you left your paddling pool full of water and went away on holiday for a week, you could come back to clouds of freshly hatched mosquitoes,' he adds.

## BREEDING BUGS

LEAVING paddling pool water overnight, or longer, increases the chances of cultivating some nasty germs.

'Paddling pools are prone to such bacteria such as Cryptosporidium, Giardia, norovirus, Shigella and E. coli and their growth is often accelerated, for example, by bird droppings falling in or dogs jumping in,' says Dr Zubair Ahmed, a GP from MedicSpot.

'As many parents don't chlorinate the pools, these bacteria thrive and can lead to a wide variety of conditions, such as eye, ear, skin, gastrointestinal and neurological infections.

'And swallowing even a small amount of infected water can make you sick.'

The most common recreational water illness is diarrhoea, he adds. 'Unfortunately, recreational water illnesses are on the rise – raising concerns for the safety of paddling pools.'

## CHLORINE TOLERANT

THERE are some germs that are tolerant to chlorine and it can take days for it to completely kill them, regardless of how small the pool is,' says Dr Ahmed.

Furthermore, chlorine is a natural irritant and can have serious health implications when used incorrectly. Exposure to toxic levels of chlorine has been linked to asthma and an increased risk of developing cancer.

To reduce the risk of illness from your paddling pool, change the water regularly. If you suspect your child is suffering from a recreational water illness, visit a GP as soon as possible.

**JILL FOSTER**

