

FOR GROWN-UP WOMEN *with* SMARTS | SPIRIT | STYLE

More

CANADA

**OUT-
SMART
THE
LAST 10
POUNDS**
Really!

BEST ANTI-AGING BEAUTY IDEAS

*in your 30s,
40s, 50s, 60s*

SUMMER STYLE SOS

**CHIC & EASY
WORKWEAR**

**FUN FLORALS
UNDER \$100**

**SWIMSUITS
THAT SUIT
YOUR LIFE**

**WIN A
\$5,000
MAKEOVER
PRIZE
PACKAGE!**

**HOT
BEACH
READS
WORTH
BUYING**

the sweet Revenge of **MADELEINE STOWE**

**AMICABLE EXES
HOW THEY
MAKE IT WORK**

EXCLUSIVE
Diane Keaton, one on one



EDITOR'S PICK

From first spritz, I was smitten by Stella McCartney L.I.L.Y Eau de Parfum, \$90 (left). It's a study in contrast that appeals to my Gemini tendencies: subtle notes of lily of the valley playing off an earthy, intense oak moss base. And how cute is the name? The acronym is dad Paul's moniker for his first wife (Linda I love you).

Meanwhile, Fendi Fan di Fendi Eau de Toilette, \$77, is like summer, bottled. A softer version of the original launched in 2010, this fragrance is beautifully balanced with top notes of green tea and tangerine. It creates a calming energy that reminds me of the best part of a July day.

MEET.
SPRAY.
love.

THE NUMBER OF CANADIAN WOMEN WHO EXPECT, OR REALLY LIKE, THEIR FACIAL SKINCARE PRODUCTS TO CONTAIN A UVA/UVB SUNSCREEN

78%

SOURCE: Ipsos Skin Care Fundamentals Study, Canada, PwG, 2010

Ask Beth

Q HOW DO I DISTINGUISH BETWEEN PHYSICAL AND CHEMICAL SUNSCREENS? AND IS ONE BETTER THAN THE OTHER?

A Many of us are just wrapping our heads around the differences between UVA and UVB protection and now we have more info to take in. Luckily, this is easy to grasp.

Both types of sunscreen are considered safe and effective but they protect us in different ways: Physical (also called mineral) lotions create a barrier between skin and the sun to reflect UV rays, while ingredients in chemical formulas absorb the sun's rays.

Warren Wallo, director of scientific engagement for Johnson & Johnson, says each has its benefits. Physical sunscreens have naturally sourced ingredients, block rays immedi-



ately upon application and are good for sensitive skin. "However, chemical sunscreens are typically available in higher broad-spectrum SPF, so they are better able to protect the deeper layers of skin against the aging effects of UVA rays, while also preventing penetration of the UVB rays responsible for sunburns." In addition, chemical formulations are usually less heavy and more quickly applied.

M Cosmetically challenged? Email askbeth@more.ca and she'll tackle your troubles in future columns.

DANIEL HARRISON