



UVA, UVB, NOW IRA

In addition to UVA and UVB rays, new studies say the anti-aging set must guard against infrared radiation absorption (IRA), too. It seems three types of infrared radiation—A, B and C—make up 54% of sun exposure (UVA and UVB combined total 7%), and that 30% of that 54% is infrared IRA. And IRA penetrates the skin more deeply than UV rays to create free radicals—and accelerate signs of aging. How to deal? With potent antioxidant blends such as the Idebenone + Thiotaine combination in **Prevage Triple Defense SPF 50 Sunscreen Sheer Lotion**, \$95, canada.elizabetharden.com; and the vitamins C + E + Ferulic formula in **Skinceuticals C E Ferulic serum**, \$152, at select medical spas
