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Sun Smarts for Mom

By [Jennifer](#) on [May 28, 2012 10:11 PM](#) | [No Comments](#) |

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This hot sultry summer weather is not well-suited for many things...but it has been absolutely perfect for a real test drive of a couple of new sunscreen products, and I'm thrilled to report that these have exceeded expectations.

As a mother, I'm extremely cautionary about applying proper SPF and proper dosage to my kids before sending them off for school, swim dates or soccer games. However, I'm extremely lazy about protecting my own skin unless I'm spending hours exposed. Experts tell us that we should be applying sunscreen every day to protect us from the aging and cancer causing UVA rays and burning UVB rays, but like the majority of Canadian women find sunscreen too greasy on my skin.



When an information package came across my desk declaring that 90% of visible aging is caused by sun exposure, it appealed to my more superficial self and I vowed to give the accompanying product a fair trial.

Daily application of the [SkinCeuticals Physical Fusion UV Defense SPF 50](#) has proved to be easy and effective. I love the slight colour tint to the product which evens out and even enhances my face's skintone. I've been using it for two weeks and had no reactions on my sensitive skin, and no burns. It provides high broad-spectrum UVA/UVB protection with all-natural physical filters, zinc oxide and titanium dioxide. It's really sheer and very matte, and I'm able to wear it with and without makeup.

At \$39 for 50mL, it's not cheap, but it's effective and I will be applying this product daily, and replacing when I run out. SkinCeuticals is available through distribution channels via dispensing doctors, medical spas and high-end spas across Canada. For store locator, please visit www.skinceuticals.com/canada, or call 1-877-238-8754.

Here's where I admit that my vanity trumps my sun sense. I hate slathering suntan lotion all over my pale white skin, leaving it even paler and whiter. I hate the white marks on my dark t-shirts and bathing suits. I hate the little white balls of lotion when you apply a proper amount (1/2 tsp just for face and chest!).

All this to say that I absolutely love Vichy's new [Capital Soleil high Protection Skincare Oil SPF 30](#).

The luxurious colour reminds me of spraying sun tanning oil on (SPF? what's SPF?) during the crazy misspent summers of my youth, but this one is formulated with photostable Parsol and other sunscreen filters for a high SPF and broad-spectrum UVA/UVB protection. It's got a great floral scent, and it dries quickly to a nice matte finish, leaving my skin feeling conditioned, but not greasy. It's paraben free and my new favourite summer scent and product!



It's \$29.95 for a 177mL spray bottle that will easily last you for a week's vacation. Buy it in drugstores across the country.

So that's what's protecting my skin this summer. Whatever you're using, please remember to apply enough and apply often. Enjoy the sunshine!

I was provided with samples of both products, but was not compensated in any way for this review, and all opinions are my own.

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