

allure

THE BEAUTY EXPERT

MAY 2005

SPECIAL ISSUE!

**GET
THE
BODY**

2. KNOW HOW LOW YOU CAN GO.

Just as with so many virtues, diligent use of sunscreen can be joyless—especially when the SPF soars into the stratosphere. Often these heavy-duty formulas “start to feel thick and chalky, which makes you less likely to glob them on and reapply,” says **James Spencer**, clinical professor of dermatology at Mount Sinai School of Medicine. Spencer, like many of his colleagues, is happy if his patients apply an SPF 15 each morning and add more later if they’re spending time outdoors. “Reapplying every two to four hours is more important than the number,” he says. But for those who want more protection without the Marcel Marceau routine, Shiseido makes an SPF 55 containing finely ground zinc oxide that spreads evenly and invisibly on the skin.

**Seductive
Hair**

Sexy, Long, and Healthy

**MAKEUP
& HAIR
PREVIEW**

**10 Prettiest Looks
From the Runways**

VÉLOPE CRUZ

Her Top Secret Love Life