

# Good Housekeeping

## Savor Summer at Home

- 35 decorating updates for \$35 or less
- Stress-proof your backyard
- 20 crowd-friendly chicken dinners

## Your Whole Life Makeover

100 Easy Ideas for your home, hair, diet & life

## Slash Credit Card Bills

With just one call



### Secrets from "The Biggest Loser"

Behind-the-scenes tips, tricks and strategies

## Summer Skin Savers

Best wrinkle-stopping SPF sprays & lotions

## Why Am I So Tired?

Take our quiz • Fast fixes, p. 45



### Look for "broad-spectrum"

on the bottle, too (sometimes written as "complete" or "total protection"). That way, you'll know you're guarded against UVB and UVA rays. Here's why this matters: Sunlight emits up to 95 percent UVA (the rays that penetrate deeply into skin, causing wrinkles, spots, and skin cancer) and around 5 percent UVB (the more energetic rays that cause sunburn and can also contribute to skin cancer). "You may still be exposed to massive doses of UVA if your sunscreen's not broad-spectrum," says James M. Spencer, M.D., associate professor of clinical dermatology at Mount Sinai School of Medicine in New York City.