

# OK!

FIRST FOR CELEBRITY NEWS

ISSUE #3 • AUGUST 29 2005 • US \$3.29 WEEKLY

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THIRD  
AMAZING  
ISSUE!

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EXCLUSIVE  
AT HOME

WORLD  
EXCLUSIVE  
OUTRAGEOUS  
INTERVIEW & PICS

# ON DIDDY'S \$150M YACHT

## DON'T BE SKIMPY WITH SUN LOTION

Be liberal with the sunscreen. Adults need to use about an ounce of lotion for each application. That's about the size of a shot glass. Any

less than that and you're not shielded from the sun. And don't believe any lotion that says it provides all-day coverage. Whenever you're outside — we're talking at the beach, in your backyard or on the sidewalk — you need to reapply sunscreen every few hours. "It doesn't matter if you use sunscreen with SPF 900, the body metabolizes sunscreen after about two to four hours, and then it's gone," says **Dr. James Spencer**, associate clinical professor of

dermatology at Mount Sinai School of Medicine in Manhattan. And remember to reapply sunscreen (yes, waterproof sunscreen too) after you perspire or go swimming and towel off.

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TRUTH ABOUT  
MARRIAGE SP  
IN-DEPTH INTERVI  
& FABULOUS PHO

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AT HOME EXCLU

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