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THE OPRAH  
MAGAZINE

LIVE YOUR BEST

**CAN I REALLY WEAR THAT?**  
Making the latest styles work...at any age

**The Quest for Rest**

Hint: Sleep has nothing to do with it

(Turn to page 81)

Dr. Katz's  
Top 10  
Food Rules  
Keep them to

**I**N THE SPF NUMBERS GAME, Neutrogena has taken a decisive lead with its new Ultra Sheer Dry-Touch Sunblock SPF 100+ (\$12, drugstores). But *really*, does anyone need an SPF that high? The answer depends on how much sunscreen you apply. If you slather on the same amount used to establish SPF values (about half a teaspoon on your face alone), 97 percent of skin-reddening UVB rays are blocked by an SPF 30, 99 percent by an SPF 100. But here's the rub: "Most people apply 25 to 50 percent of the amount of sunscreen used to determine SPF," says James M. Spencer, MD, associate clinical professor of dermatology at Mount Sinai School of Medicine. Half the necessary dosage will yield only about one-third of the listed SPF. So a higher number is a nice insurance policy: Go easy on an SPF 100,

**er! Live Happier!**  
al makeovers, guilt-free food—*dinner is served!*

