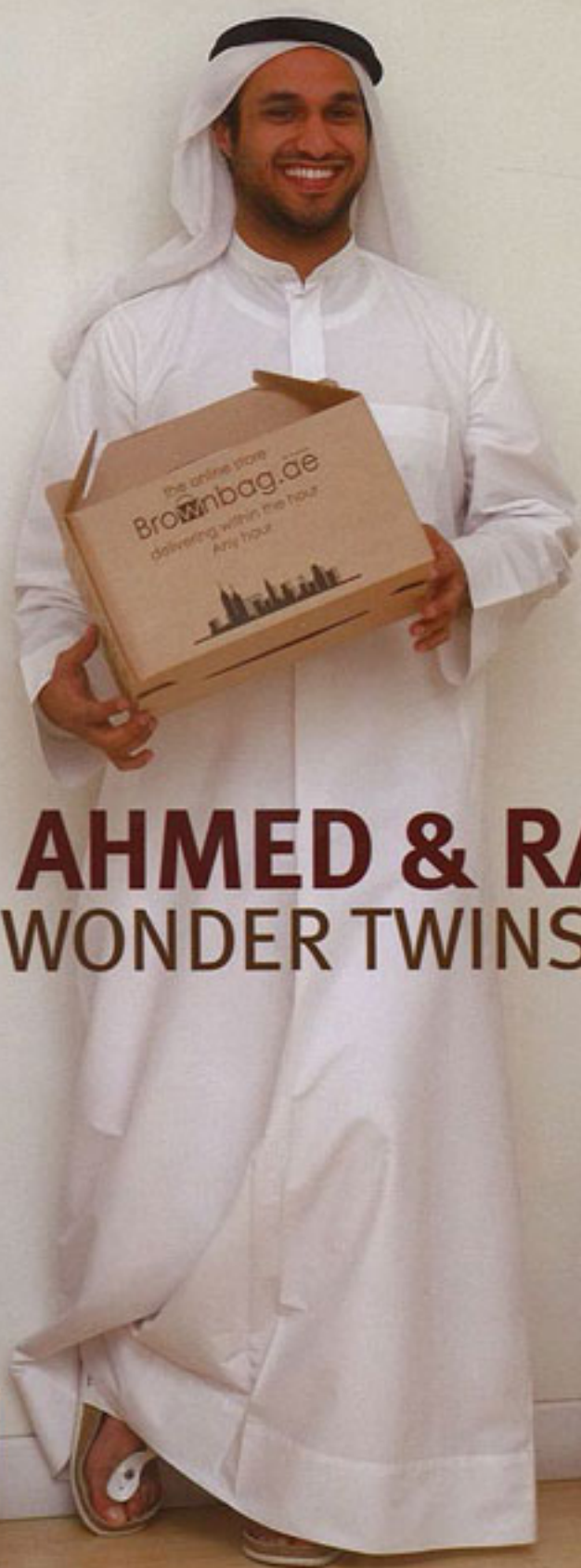


society dubai

The Travel Issue
#37 May 2007 | Dh5
A Motivate Publication



AHMED & RASHID BIN SHABIB WONDER TWINS OR ONE HIT WONDERS?

The Great Escape
Dubai's hottest
modern-day explorers

Travel Hot-spot
The luxe guide
to Oman

Architectural Revolution
Does the Burj Al Arab
stack up?



Beauty Quandary:

I have sensitive skin and am always worried about the damaging effects of the Dubai sun.

Is it better to use a high SPF sunscreen on a daily basis, or only when you're exposing your skin to direct sun for a long period? I usually find that sunscreens make my face itchy and red.



Fashion & Beauty Editor Meredith Taylor-Damouni says, The rule of thumb is never to leave home without applying a moisturiser with at least SPF15. Most people, especially fair-skinned, in the UAE battle pigmentation spots and freckles on a daily basis and as the skin gets older, these are more difficult to repair. There is an array of usually costly processes which can fade the appearance of these spots, but not repair the damage, which will always be there and a little sun can flare them back up almost immediately. These spots are referred to as one of the key signs of the dreaded 'A' word (ageing), so investing in a good SPF that suits your skin is as essential as brushing your teeth.

An SPF15 will protect you from general sun damage walking short distances outside, but I'm talking to and from your car.

‘INVESTING IN A GOOD SPF THAT SUITS YOUR SKIN IS AS ESSENTIAL AS BRUSHING YOUR TEETH.’

here. If you are planning half an hour or more of prolonged rays, then go for SPF30+. Today you can even buy SPF40, 50 and 100, but you need to watch these if you have sensitive skin as they have a high chemical level in them that coats your skin (actually protecting you from the sun), but can also be potentially reactive.

Many facialists, especially in Europe where the sun is not as furious as Dubai, recommend using make-up as sun protection, claiming a good foundation to be the best sunshade for sensitive skin. But I think in Dubai, when it is in the 40s and beyond, you would do no harm to use a bit of both. My personal favourites are products like Chanel's tinted moisturiser with SPF15 and Helena Rubinstein's similar product with SPF50 and the spray-on sunscreen range for the body from Nivea (also great for wiggling children eager to get in the water).

As always, the most important part of sun protection is re-application, and also remember that a good pair of shades (oversized for the season, of course) are an essential part of protecting your precious eyes from the sun, and must be invested in at least three times a year – that's what I tell my husband anyway.

3 of the Best Sunscreens

Fekkai Sun Bandana

Protect your crowning glory from the drying and colour-fading rays of the sun with this water-resistant gel-cream. Apply it in the morning, and it all but guarantees soft, manageable, lush locks after sunset.

Photoderm MAX by Bioderma

Works as an intense sun protector for extremely sensitive skin. In addition it covers up blemishes, while protecting the skin against a selection of UVB-UVA rays, offering MAXimum sun protection.

Neutrogena Ultra Soft Hydrating Sunblock

This featherweight, fast-absorbing lotion, packed with ingredients to thwart ultraviolet radiation, does its job admirably. Available in SPF30+ and 45+.



We Love...

Soft Touch

Enhance your L'Eau D'Issey body care experience with the new Moisturising Body Lotion which provides the skin with long-lasting protection and hydration. Made with white powders and possessing the lightness of an emulsion, the Moisturising Body Lotion immediately leaves a delightful sensation of softness on the skin.



Mane Attraction

Think beautiful, long hair this summer, in 90 minutes or less. Thanks to The Gold Salon, hair extensions are no longer a star secret. Applications are carried out in the salon's exclusive VIP Extension Suites, each fitted with a plasma screen. Led by expert Julie Powell, along with a team of the region's best extension experts, long hair can now be yours. For more information call The Gold Salon on (04) 3211423 or visit www.goldsalondubai.com

