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Make-up masterclass: The SPF effect

By JEMMA KIDD

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Q I have SPF in both my moisturiser and foundation – do I need to use sunscreen on top?

A If you are spending most of your day inside, a moisturiser with SPF15 or above is fine. However, the sun protection in make-up should not be relied upon – just think of it as an added bonus. If you are likely to be outside for an hour or more or you're on holiday, apply medium- to high-factor sunscreen (SPF20 plus) as well and remember to keep reapplying throughout the day. Look for one that has both UVA and UVB protection. A great everyday SPF moisturiser is **Dr Nick Lowe Super Charged SPF15 Day Cream** (£17.35, from Boots nationwide).

Q Can you recommend a suncream for sensitive skin?

A Opt for formulations containing the minerals titanium dioxide or zinc oxide. **Kimberly Sayer Ultra Light Facial Moisturizer SPF25** (£25.80, from lovelula.com) is easily absorbed, works well under make-up and suits oily or acne-prone skin. I wear **Elave Dermo Daily Skin Defence SPF45** (£26.50, from echemist.co.uk) every day. It's light, non-greasy and ideal for sensitive skins. **Green People** also has a good selection of high-factor sunscreens that are kind to your skin (greenpeople.co.uk).



Dr Nick Lowe Super Charged SPF15 Day Cream



Elizabeth Arden Eight Hour Cream Targeted Sun Defense Stick SPF50

Q I need a high-factor sunscreen, but all the ones I've used feel heavy on my skin – any advice?

A Cheaper sunscreens often feel sticky so prepare to pay a little more for lighter formulations. **Kate Somerville Protect SPF55 Serum Sunscreen** (£44, from spacenk.co.uk) has a well-like finish and works well under make-up. I also love **Darphin Vital Protection Age-Defying Protective Lotion SPF50** (£50, tel: 0870 034 2566), which is hydrating and contains powerful antioxidants, too.

Q How can I stop my make-up sliding off when I use sunscreen?

A Try using **Clinique City Block Sheer** (£15.50, clinique.co.uk), which comes in both SPF25 and SPF40 and has a subtle tint that smooths out imperfections. It's great on its own as well as under make-up.

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