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MAKE-UP MASTERCLASS

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Q CAN I WEAR MAKE-UP OVER A MOISTURISER WITH SPF?
Moisturisers with sunscreen are not as greasy as regular sunscreens so are ideal under make-up. Apply as you would your normal moisturiser, over your neck and décolletage, and allow to absorb for five minutes before applying foundation.

MY SECRET

Choose lipsticks, glosses and balms with an SPF – Estée Lauder Tender Lip Balm SPF15 comes in pretty shades (€11, www.esteelauder.co.uk).



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Screen idols



My solutions to your queries about daily sun protection

Q DO I NEED SUNSCREEN EVERY DAY?
Yes, especially in summer and even when it's cloudy as 80 per cent of UV rays still get through. Even your walk to work or lunch in the park increases exposure, which builds up, causing lines and wrinkles.

Q WHAT FACTOR SHOULD I USE?
SPF15 should be your minimum – go higher if you are fair-skinned.

Q IS A MOISTURISER WITH SPF ENOUGH?
Yes, but not for sunbathing. As SPF only indicates protection against UVB, look for cover against damaging UVA rays too. I like **Caudalie Vinoperfect Day Perfecting Cream SPF15** (£33, from lookfantastic.com) and **Elave Daily Skin Defence SPF30** (£31, from elave.co.uk).

Q IS AN SPF FOUNDATION ENOUGH?
No, foundation should be applied sparingly, so never rely on it for protection. In summer I use an oil-free, tinted moisturiser such as **Origins Nude and Improved** (pictured, £17.50, tel: 0870 034 2888) with SPF moisturiser or primer applied first.

Q WHAT IF MY MOISTURISER DOESN'T HAVE SPF?

Apply an oil-free, matt sunscreen on top. **Vichy Capital Soleil Micro-Fluid Mat Visage SPF30** (£13, available nationwide) can be worn under make-up. Or try an SPF primer, such as **Nars Make-Up Primer SPF20** (£24, narscosmetics.co.uk).

