

HERE COMES THE SUN

Summertime really is no holiday for your skin, warns *Elisabeth King*.

Summer is a time to kick back and be casual. But if you don't take care of your skin, you could end up looking like one of the aliens from *District 9* – a flaky-skinned slum dweller. High temperatures, arctic air conditioning, salty beach air and being out in the sun all day put you on the fast track to dehydrated, prematurely aged skin. Factor in eating and drinking all the wrong things and staying up late, and even your best mate will be reminded that carefree is actually two words, as far as your looks are concerned.



FACT: Most people receive 50-80 per cent of their lifetime sun exposure by the age of 18.



oil derrick, the sun saps moisture. If you want to know what longterm dehydration looks like; check out the lines on the cheeks of any regular surfer aged 30 or more. Your skin needs water, not oil, so pump in the H₂O with a fresh gel moisturiser. *Men's Style* recommends: Biotherm Homme Aquapower Absolute Gel (from \$59; from selected Myer stores), billed as "the first invisible moisturiser with instant visible effects", and Nivea For Men Revitalising Gel Q10 (\$13.47). If you don't want product overload, use a light moisturiser with an in-built sunscreen like Every Man Jack Face Lotion SPF 15 (\$17) which hydrates and protects your skin from sun damage in one application.

Get Tanned

Tanned skin is damaged skin, but most of us see it as a sign of good health and virility in a man. For a light, "non-orange" look, use a supermarket moisturiser with a hint of self-tanner such as Dove Summer Glow Face Moisturiser SPF15 (\$11.95; 1800 061 027). If you want to look like you own a yacht, try Fake Bake MAN Tri-Kit (\$65.95; 1300 787 587). Especially formulated for male skin, it contains a Facial Scrub, Shaving Gel and Bronzing Gel. It's exy but will last all summer to tone and tan your face with no streaks. +

Get Clean

Humidity boosts oil production but put the brakes on using face scrubs. The less skin on your face, the more sun-sensitive it is. A grimy film can trigger breakouts, though, so switch to a gentle but thorough cleanser that will scour pores without drying out your face. Top buys: Nivea for Men Deep Cleansing Face Wash (\$7.99; 1800 103 023) and Clinique Skin Supplies For Men Liquid Face Wash

Extra Strength (\$24; clinique.com.au). If acne flares in summer, reach for Every Man Jack Face Wash – Skin Clearing (\$17; from David Jones stores).

Get Protected

Lawrence of Arabia trademarked the best solar protection – a full body robe and flowing headgear. Prefer a T-shirt and shorts? Then rely on a full-spectrum sunscreen that shields

against UV rays and isn't thick and creamy. Choose from: Banana Boat Sport Trigger SPF 30+ (\$15.75) and Ultra Mist Ultra SPF 30+ for heavy duty protection (\$14.99; 1800 810 310). Active guys should use sweat-resistant products like UV Triplegard EVERYDAY SPORTS SPF 30+ (\$13.99; from supermarkets and pharmacies).

Get Hydrated

As well as turning your skin into an

One small step for Man...
It doesn't matter what type of skin, + Mankind has seen it and knows how to deal with it. Situated in the funky part of Surry Hills, + Mankind has established itself as one of Sydney's leading and independent skin care specialists in five years – offering treatments and its own range. mankind.com.au

On an even Kiehl's
The Kiehl's "not tested on Animals" policy is honourable but the animals don't know what they're missing with the Mineral Muscle Soak Foaming Relaxing Bath with Sea Salts and Aloe Vera (\$36, 250mLs), Deluxe Hand & Body Lotion with Aloe Vera and Oatmeal (\$42, 250mLs) and Eye De-Puffer (\$38). Stockist: 02 9931 8888