

Bucks County

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# WOMAN

Better By  
Design

Building  
the *Future*

A *Healing*  
Garden

6 take-out  
Treasures

real women • real stories • real life



# beauty

Most sun damage is done between the ages of fourteen and nineteen years old, meaning sunspots that appear later in life are a result of sun exposure early on.



## *Practice Safe Sun This Spring*

Every year, one million new cases of skin cancer are reported, with one in five people affected. Prevention, practicality and intelligence are the keys to protecting yourself when you step outside this spring, be it for a trip to the beach, a dip in the pool or to tool around the garden.

### *Think before you sunbathe.*

Dr. Mary Toporec, M.D., a dermatologist in Doylestown, urges her patients to be practical instead of changing their habits. "Sunscreen is not bad for you," she says. She believes sun protection is a must to all exposed areas, but understands sunscreen can be cumbersome.



Toporcer believes, "Sprays are an acceptable alternative," and recommends Neutrogena's Fresh Body Cooling Mist Sunblock. Golfers and construction workers are drawn to them, Toporcer explains. "They don't want to put something that looks like mayonnaise on their face. You can keep them in the cup holder in your car. They're good to use so your scalp and neck don't burn, and they won't ruin your clothes and hair."

Since the sun is at its strongest between the hours of 10 a.m. and 4 p.m., Toporcer tells patients to go out early in the morning for a couple hours, then go do something else, "Go shopping, have a long lunch or take a nap. Then go back out." People do need Vitamin D, and the sun is an excellent source. Toporcer says people should get ten minutes of sun, two times a week in order to get the necessary exposure.

Recent studies also show that one out of thirty-three people suffer from Melanoma, making it the fifth common cancer causing death. Toporcer offers free skin cancer screenings at Doylestown Hospital in honor of Melanoma Monday and Skin Cancer Month in May.

*"Plants don't care what you look like."*

Kerian Bray, owner of Skin & Tonic Day Spa in Lahaska, knows first-hand the severity of the sun's dangers, as a native of Australia. The rate of skin cancer in Australia is the highest in the world.

According to Kerian, "One of the easiest suggestions and very impor-



me / mē / n: the place where they indulge me, pamper me, beautify me, relax me, de-stress me, spoil me, where it's all about me... as it should be.

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tant is to invest in a wide brimmed hat, not a baseball cap. Plants really don't care what you look like." When venturing out into the garden, do not forget to slather the sunscreen on commonly forgotten spots like the back of the neck, the ears and the side of the face.

The shelf life of sunscreen is two years before it starts to breakdown. Kerian buys new every spring. "You don't know how long your sunscreen was in the warehouse or sitting on the shelf."

Zinc oxide and titanium dioxide are two natural sunblocks to look for. Mineral-based make-ups like Bare Minerals or Jane Iredale contain both ingredients and are wonderful ways to protect your face. In powder form, the coverage will last longer, but the SPF will be lower. In liquid or cream form, a good sunblock shouldn't clog pores and should last for two hours, unless you swim or sweat. "If you wipe your face, you're wiping the sunblock off, and you should re-apply immediately."

In her spa, Kerian recommends MD Formulations as an essential sun protection prod-



uct. Accidents do happen, and if the skin is dehydrated or does get burnt, Kerian recommends an Ocean Facial or African Savannah Body Treatment. Both use gentle exfoliation, massage and hydrating products that nourish the skin.

Kerian knows what the skin needs. As Director of Spa Development and Product and Treatments for Decleor and MD Skincare by Dr. Dennis Gross, she helped develop several product lines before venturing out on her own. After owning three spas in her native Australia, Skin & Tonic is her fourth spa and the first one she has owned in the United States.

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