

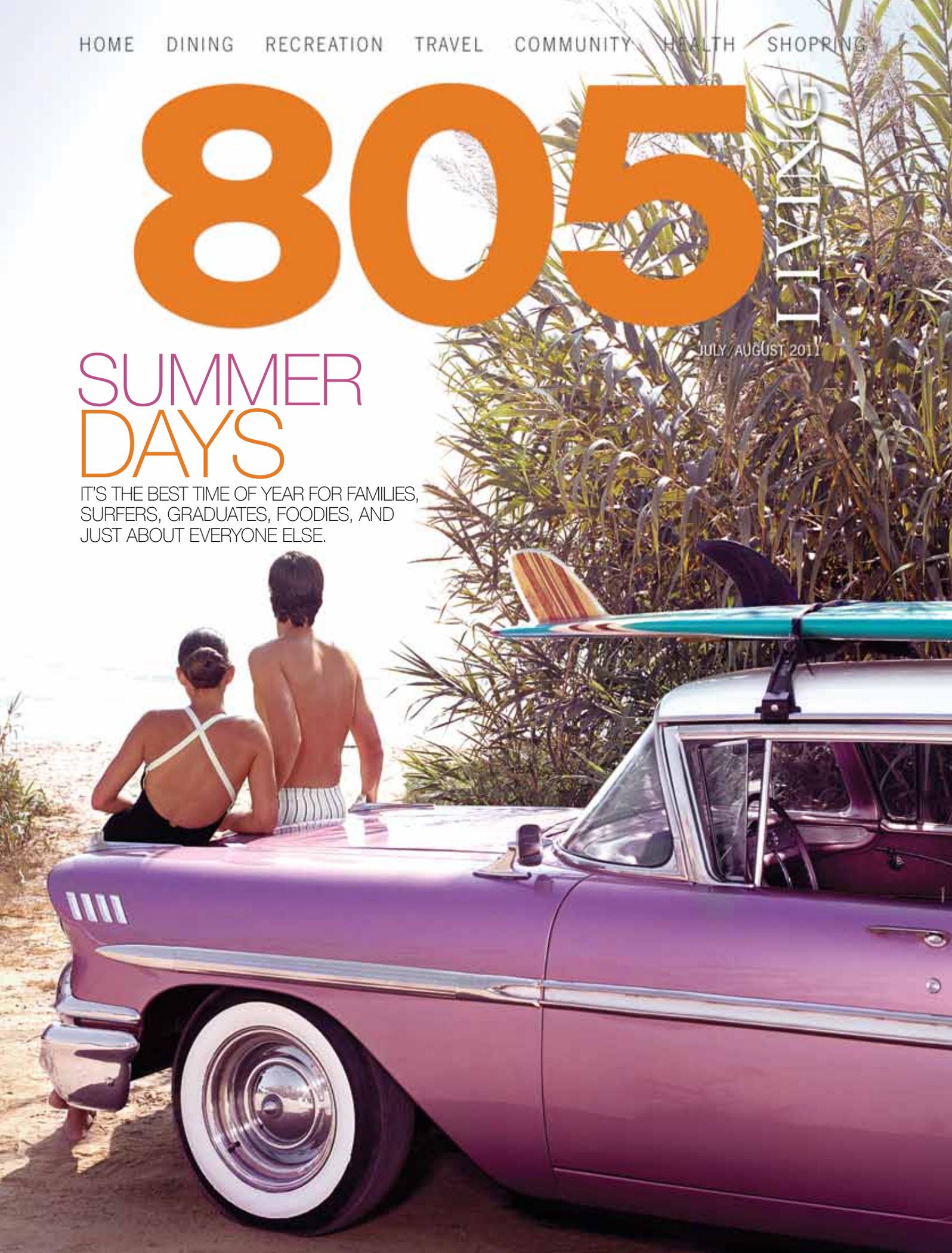
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LIVING

JULY/AUGUST 2011

SUMMER DAYS

IT'S THE BEST TIME OF YEAR FOR FAMILIES,
SURFERS, GRADUATES, FOODIES, AND
JUST ABOUT EVERYONE ELSE.



SAVE YOUR SUMMER SKIN

A dermatologist's advice on choosing and using skin protection products.



NOTHING AGES SKIN FASTER THAN SUN DAMAGE. More importantly, according to American Cancer Society statistics, on average one American dies from melanoma every hour. That's why it's important to be sunscreen smart.

Sunscreen ingredients fall into two broad categories: chemical and physical. Chemical ingredients (such as Parsol 1789, also called avobenzone or Mexoryl) *absorb* ultraviolet (UV) radiation before it penetrates the skin. Physical ingredients, such as zinc oxide and titanium dioxide, are mineral-based; they *deflect* UV rays away from the skin. Mineral-based sunscreens (also called “sunblocks”) are more stable, provide the broadest protection, don't sting if some gets in the eyes, and are gentler on sensitive skin.

“I personally use a physical sunscreen of SPF [sun protection factor] 15 or 30, covering all exposed skin. The chest and hands especially show photodamage,” says Dr. Talia Emery, medical director of Remedy Skin + Body (remedyskinandbody.com), with day spa and cosmetic dermatology locations, both in Westlake Village. “I also use mineral makeup in the morning—it's easy to apply, looks great, and gives good sun protection for my drive into work.”

Here is Emery's advice for choosing and using sunscreen:

805 LIVING: *Do we need sunscreen on cloudy days? What about people who drive to work, sit inside an office for eight hours, and then drive home?*

DR. EMERY: UVA rays, which cause skin aging, penetrate through clouds and glass. This is why most adults have more sun damage

and wrinkling on the left side of their face: The driver's side window doesn't offer protection. The exception would be office windows that are specially treated to block ultraviolet light.

What is the difference between UVA and UVB rays?

UVB rays cause reddening and sunburn. UVA rays are most responsible for photoaging, such as sunspots and wrinkles. UVB intensity varies by time of day, season, and location, whereas UVA rays penetrate with equal intensity during all daylight hours. Both UVA and UVB rays cause skin cancer. To ensure protection from both, look for the words “broad spectrum” or “UVA/UVB protection” on labels.

Is SPF 30 twice as effective as SPF 15?

Not exactly. An SPF 15 screens out 93 percent of UVB rays, SPF 30 screens 97 percent, and SPF 45 screens 98 percent. Choose at least SPF 15.

Sunscreen comes in many new formulations—sprays, wipe-on sheets, roll-ons, sticks. Are they any good?

Creams are the most tried-and-true. However, other formulations can be great if they give UVA/UVB protection, and the user is willing to reapply.

So the best sunscreen is the one that a person will actually wear.

It's likely that everyone reading this is using too little and applying too infrequently. More is better. Trust me, you'll thank yourself later.

NEWS FROM OUR NEIGHBORS

Santa Barbara resident Dina Clapinski and her brother Jonas Dalidd launched **Be Food Smart** (befoodsmart.com), a comprehensive, free database of additives and ingredients in our food supply, from high fructose corn syrup to BHA (butylated hydroxy-anisole), along with articles on food laws, grocery shopping tips, fast-food ingredients, and cookware.

The Academy of Healing Arts for Teens (ahasb.com), a Santa Barbara-based program, holds two summer sessions, one in July and one in August. Each four-week curriculum includes art, creative writing, and a two-night camping trip. "It was created to develop confidence, emotional intelligence, and social conscience, as well as the ability for compassionate communication, goal-setting and follow-through, diversity appreciation, prejudice reduction, and responsibility," says cofounder Jennifer Freed, PhD, MFT.

Order a latte, nibble on a croissant, meet other parents, and get free advice from parenting coach and family therapist **Bette Alkazian** (balancedparenting.com). She holds drop-in, open-house chats from 9:30 a.m. to 11 a.m. the first Tuesday of every month at Chocolatine (2955 E. Thousand Oaks Blvd.). "We have lively discussions on anything from potty training to obnoxious teens," says Alkazian. "It's a support group, lovefest, and educational event rolled into one, as parents admit mistakes, share fears, and talk about what works."

Personal trainer, bodybuilder, and triathlete **Joy Di Palma** (trainerjoy.com) holds core strength and conditioning classes on the beach in Malibu, across from The Getty Villa, Monday through Saturday.

Serenity by the Seashore

TWO NEW BREEZY SPAS OPEN THEIR DOORS.

Skin-care expert Dr. Nicholas Perricone opened **Super Malibu Boutique** (getsuper.com), a shop and spa adjacent to the Malibu Country Mart, with a full line of Super products for eyes, lips, face, hands, and body. Customers can indulge in "Super Quickies," which are 15-minute spa treatments, such as hand exfoliations, acne solutions, and "Neck and Dec" treatments for the dreaded turkey waddle. "Super Dupers" are hour-long facials and full-body treatments offered in private rooms.

Alchemy Arts Center (alchemyartscenter.com) in Santa Barbara has intriguing alternative offerings, including craniosacral therapy, sound healing, and Aura Soma (color therapy). Escape the world in a floatation capsule called the Isopod, which looks like a giant egg. The lid opens, the spa-goer crawls in the scented, salted water, the lid goes down, and inside music softly plays and the water glows in pastel colors. ■

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