



Sun

QUICK TIPS...

FROM TORONTO-BASED CELEBRITY DERMATOLOGIST DR. FRED WEKSBERG

- Despite the heat and humidity during the summer months, your skin also needs moisture. Sun and wind can be drying, so don't skimp on your skincare regimen.
- Always use a proper sunscreen with a minimum of SPF 30 to prevent premature aging.
- Apply sunscreen to clean skin and wait 30 minutes before applying moisturizer. The sunscreen needs time to absorb fully in order to protect your skin efficiently.
- Use a lighter moisturizer than you do in winter. There are many options on the market. You may want to go with a gel-based formula or an oil-free version of your cold-weather moisturizer.

For more information, go to www.drweksberg.com or call 416-494-4247.

Scoop Tip

High-quality therapeutic sun-care products are also available at your dermatologist's office.

Heidi Klum