

by JILL DUNN

TRAVEL-FRIENDLY VACAY STAPLES

Dip into these nine hot finds. Dash on with fingertips for a fresh flush, or use the lip brush tucked inside for precise application. Lips and cheeks look polished in a flash for any summer soiree.

Shadey Lip Primerizer
Shadey Pink Lip & Cheek
Polish, \$12



• The next generation of instant moisturizer has an ultra-light weight gel texture that gives on super smooth hydration and has a matte finish for perfect skin on-the-fly.

Pixi Beauty with
Shelfies, \$16



• Cooling oil colour charmer! Each of these 24 single-use, roll-patch polishes has exactly enough colour to cover all 20 nails in two coats, plus a handy built-in brush. Never worry about polish spills in your carry-on again!

Shadey Limited Edition POLISHES & 24 Piece Pack, \$45 for 24 roll-patch polishes

This fresh summer fragrance with notes of water fruits slips easily into your travel kit.

100% Pure Jequipo Roll-On Perfume 100, \$14



As seen at Derek Lam Spring 2014

SUPER-EASY HAIR!

Makeover your ponytail with a windproof, low and loose version. Add a texturizing spray or mousse to damp hair and let air-dry, or brush hair when it's damp, sleep on it and, when you wake up, undo the braid and sweep into a low ponytail.



TONI
Herbal Creams Natural
Texturizing Tuffie, \$5



ASK A DERMATOLOGIST
DR. BENJAMIN BARANKIN

Q: Should I head to a tanning bed for a base tan before my vacation?

I'm frequently asked whether a base tan (e.g. from a tanning salon) protects the skin from a sunburn. Firstly, there is no such thing as a safe or protective tan since any tan is merely a sign of UV damage to the skin's DNA.

Some people also wonder how tanning in a salon might differ from tanning outdoors. We know those who generally tan indoors have a higher risk of all forms of skin cancer. They are 74% more likely to develop potentially deadly melanoma, 2.5 times more likely to develop squamous cell cancer and 1.5 times more likely to develop basal cell cancer (the most common skin cancer). A controlled dose of tanning lamp radiation is a high dose. In fact, frequent tanning salon users may receive as much as 12 times the annual UVA dose they receive from regular sun exposure outdoors.

While skin cancers are the most serious risk, other side effects of tanning salon use include premature aging

(wrinkles, brown spots) and more regular cold sores from generally weakening the immune system.

Other patients of mine wonder about going to tanning salons to get their vitamin D, the newest "wonder vitamin." Unfortunately, tanning beds use UVA light, but it is in fact UVB light that is needed for your body to make vitamin D. You're better off eating fish or fortified cereals, drinking fortified dairy or taking a vitamin supplement rather than getting more ultraviolet light exposure.

Skin cancer is the most common form of cancer in North America, and more people are developing skin cancer than all other cancers combined. The number of women under age 40 diagnosed with basal cell cancer has more than doubled in the past 30 years. The incidence of the more serious squamous cell cancer in the same age group has increased almost 700%. UV light is a proven human carcinogen, so don't be foolish.