

LA style trending now!

Darnell Cox



Here Comes The Sun



Beauty/health/fitness expert/blogger de jour Darnell Cox is founder of Live Young Lifestyle. Her mission: attack the aging process mind, body and spirit. A self-proclaimed guinea pig of the beauty industry she bought her first jar of wrinkle cream at 17, and never looked back. An ageless 48-years young, she is a proud mother of three young adults. Her blogs feature beauty tips and age appropriate exercise routines, with healthy recipes to keep you looking and feeling young at any age. liveyounglifestyle.com

A few weeks ago at a red light on Sunset, a car of teenage girls in the next lane opened the convertible top to bask in the sun. It took every ounce of my being not to warn them of the dangers of UV exposure. It got me to thinking: if I could go back to my teenage self (a girl who spent summers slathered in coconut oil) I'd have done things differently. Now, older, wiser, and somewhat sun-damaged, I've developed a different relationship with the sun. And, if you want to be smart... you will too.

I hear you whining... "Do I have to wear sunscreen every day, even in the winter? Do I need to reapply every few hours if I'm outside? Do I need to wear a hat if I'm only walking my dog for 30 minutes?" YES, if you want beautiful, healthy skin. Nothing, ages skin like the sun. It's responsible for 80% of the skin's aging. Then, why do people continue to bask in its rays? Some say when we're tan, we look better, younger and slimmer. No argument, but what seems like a quick-fix to a healthy look is a ticking time-bomb for skin cancer. Yet people continue the habit. If the potential threat of skin cancer doesn't scare you because you only care about looking good... let's talk! Sun-kissed cheeks may look youthful and healthy today, but down the road they will be covered with sunspots, blotchiness, and wrinkles. I'm not saying to avoid the sun completely, or walk around with an umbrella every day (most umbrellas don't block out all the sun rays anyway). What I'm saying is we need to be smarter about the sun.

SMART-SUN BASICS

- Apply sunscreen even if you don't plan to be outside. Sunlight pours in through the windows of your home and car.
- If you're going to be at the beach all day, you need a UV Blocker Sun Umbrella with an SPF of 50+. Most umbrellas block 75%

of the sun's rays; large, poolside umbrellas block less.

- Reapply sunscreen every few hours, even if you go in and out during the day. It took me time to get used to this because, like many women, I don't want to mess up my makeup. Mineral sunscreen powders and products let you add additional sunscreen without ruining your foundation. I keep one in my my purse.
- Keep a hat in your car. You could get stuck outdoors longer than anticipated. If, you think a hat ruins your outfit – well nothing ruins an outfit more than wrinkles, blotchy skin, sunspots, and skin cancer.
- Keep sunscreen in your glovebox. Every time you get in your car, slather sunscreen on the back of your hands. Our hands get washed so often during the day, we need to reapply often. It's surprising how much sun the back of your hands get while driving. Joan Rivers once said, "You can hide a lot of things, but the hands always give it away."
- Worried about Vitamin D? Pop a Vitamin D pill daily. Although 80% of Americans are Vitamin D deficient, it's too dangerous to get Vitamin D from sun exposure. Make your diet rich in Vitamin D rich foods.

Less of a "real" sun-kissed look, lessens your chances of skin aging and skin cancer. Not ready to go the white porcelain look? Fake it with easy to apply self-tanners. My favorite is Spray Di Solé — guaranteed to make you look like you've spent the day at the beach.... even if your "day at the beach" consisted of sunless self-tanner, sunscreen, a hat, and a UV protection umbrella. THAT'S a good way to Live Young. Hooray! ■

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