

Is This Normal?

Your Tanning Myths Busted!

Is a tan ever safe? **twist** investigates!

☛ Selena, Vanessa and Ashley Benson wore loads of sunscreen at the beach.



Everyone loves how a tan looks, but what about the risks? There are so many mixed messages about what's safe and what's not, so **twist** chatted with acclaimed NYC dermatologist Dr. Jody Levine to get you the real scoop on summer skin.

Myth: Tanning isn't bad — it gives me Vitamin D.

Fact: "You're better off drinking Vitamin D-fortified orange juice or milk, or taking a multivitamin. Tanning and putting yourself at risk for skin cancer and early aging is not the way to go," Dr. Levine explains.

Protect your skin!

How to stay safe this summer.



Sweat-proof sunscreen lasts longer on skin. Coppertone Sport, \$9.99 drugstores

Oil-free facial sunscreen will protect against sunburn and breakouts! Neutrogena Sport Face \$9.99, drugstores



Lips can burn, too! Keep them safe with an SPF lip balm. Nivea A Kiss of Protection, \$2.99, drugstores

Myth: People with darker skin tones never burn.

Fact: "People with darker skin are definitely better off than people with lighter skin and do have some built-in protection. But they're still at risk for skin cancer, and for early aging," Dr. Levine explains to **twist**. "Similarly if you get a 'base tan' before a vacation, you're only protected with an SPF of about 2 — which is not very much at all."

Myth: If it's cloudy out I don't need to wear sunscreen.

Fact: "That is totally not true! Always wear sunscreen no matter what — the sun's rays can definitely come through the clouds," Dr. Levine explains to **twist**. "Especially UVA rays, which are the most dangerous. Plus, even if you don't burn on a cloudy day your skin is still absorbing the damaging rays of the sun."

Myth: Skin cancer affects adults, not teens.

Fact: "It is true that most skin cancers come out in the adult years, but it's as a result of the sun we've had as

a child," Dr. Levine tells **twist**. "The majority of sun damage that can really hurt us occurs before the age of 18."

Tanning Safe -O- Meter

Fake Tan

Spray tans and self-tanners are the best of both worlds — healthy skin and a sweet summer glow.

Tanning on a sunny day with sunscreen

It's smart to protect yourself, but be conscious to re-apply your sunscreen every couple of hours.

Tanning on a sunny day with no sunscreen

This is not a good idea. The sun's rays can be very damaging to your skin and cause a bad sunburn.

Tanning Beds

"These are stronger than outdoor sun and the most dangerous" Dr. Levine says.