



Madi is wearing all mineral based makeup. Bold purple eyes and a shimmery pink lip color is a sexy night look. The pigments are perfect for summer. Photo by Taylor Gaudens

Breathable makeup

Weighing the benefits of organic and mineral makeup

Mineral makeup has been on the market for several years. Many companies are producing their own lines to keep up with the of having beneficial ingredients for the skin.

The benefits of most mineral makeup are the absence of parabens, a preservative and bonding agent used in nearly every beauty product. Some people are allergic to paraben, and in the past, it was difficult for women to find makeup without it.

Mineral makeup lacks moisture, common in traditional makeup, making it more sanitary to use. It gives the makeup about a two to three year shelf life, as opposed to traditional makeup's average of six months.

Other benefits of mineral makeup include: oil absorption, lightweight and is often recommended by dermatologists.

The finely-ground minerals adhere to the skin, but is not absorbed into the skin. This means that the makeup does not clog pores. The lightweight feel of the makeup allows your skin to "breathe" and gives the skin a more natural look.

With every pro, there is a con. The benefits of mineral makeup seem to be more healthy for your skin, but the lack of moisture in mineral makeup makes it harder to blend (enter: girl with unsightly, your-makeup-is-too-dark-for-you and terribly blended look). The moisture in traditional makeup seems to be good in this case; however, moisture encourages bacteria to grow, and can cause the makeup to settle into lines and wrinkles (enhancing flaws) and clogging pores.

Although traditional makeup may contain minerals, it also has harmful in-

redients like alcohol, talc and fragrances that can irritate the skin. Mineral makeup can also irritate the skin, but like with most beauty products, it is different with every user.

On the other side, some argue that mineral and organic makeup is a scam and it is nothing different from traditional makeup. Of course, the makeup companies do not agree, so it is left up to the users to decide. To go with what you know, or try something new?

If you decide to purchase mineral and organic makeup over traditional makeup, look for "all natural" on the label, NOT "from nature" or "natural beauty," to ensure you are getting what you want. é

—Taylor Gaudens



Play on the beach all day, every day, but the most important thing is to apply sunscreen to your face and body. Even when it is overcast or cloudy, some UV rays still shine through the clouds. Protect yourself from premature aging, sunburn, wrinkly skin and skin cancer by wearing sunscreen everyday, rain or shine. Photo by Morgan Gaudens

Protect your skin

Winter, spring, summer or fall—always apply SPF

Spring popped up like a flower and now, summer is here! The weather changed and we will continue to get away with wearing shorts and sandals for the next nine months. Shedding our winter layers and exposing our skin to the sun on a daily basis can be quite dangerous. It is important to wear SPF everyday, even when it is cloudy and rainy.

There are a few easy ways to save your skin from cancer. Use makeup or moisturizer with SPF (there are a lot to choose from, Neutrogena and Dermologica have great tinted moisturizers). Many brands of self tanners have SPF in them, so if you use one without sun protectors, consider switching to one that does. You can find a variety of lotions and sprays at Sephora like DuWop Revolution SPF 15 and Clarins Self Tanning Milk SPF 6. Choose a tinted lip balm to protect your lips. Popular brands are Bliss Superbalm SPF 15 and Burt's Bees SPF 8.

Don't neglect your hair, especially if you color or highlight your tresses. Try Capri Sun-Shield spray or Sparkling Shield from Redken's Color Extend Sun

collection and share a little SPF love with your strands. Oversized, floppy hats are a necessity for summer. Get a cute one from a local beach store. Hats are awesome because they work double time by protecting your hair and your face.

When applying your SPF, doctors and dermatologists recommend a tablespoon of sunscreen for your face and neck and two ounces for your body (enough to fill a shot glass). Try to avoid long periods of time in the sun, especially during the summer months and between 10 a.m. and 4 p.m.

The newest trend on the market is clothing made with SPF fabric or additives. Solartex Sun Gear has a great line of clothing for every size. They make everything from bathing suits, active wear and hats and accessories with an SPF 50 rating.

Prevent ugly age spots, wrinkles and even skin cancer by lathering up every day. Just a few extra minutes in the morning to apply some SPF will save you a lot of health issues in the future. é

—Taylor Gaudens

The dangers of sun exposure

Learn the most important facts about the sun before you go sans-SPF.

- ☞ UVA rays cause skin aging and wrinkling.
- ☞ UVB rays burn the skin, cause cataracts and affects the immune system.
- ☞ Both UVA and UVB rays contribute to skin cancer.
- ☞ Tanning beds aren't good for you and they never have been. In fact, they are more harmful than the sun (don't believe the "base tan"—getting a tan before spending a week on a cruise—nonsense).