



Spring is nearly here and it's time to take a look at your skincare regimen!

I have two talks coming up at the Toronto Public Library. For people in the west end of the Greater Toronto Area, I will be at the Eatonville branch in Etobicoke, tomorrow, Monday, March 7, at 2 p.m. Then, I will be taking a bit of a break until May 4, when I return to the North York Central Branch. At Eatonville, I will talk about basic science concepts behind skin care formulation, I will cover some examples of ingredient lists, and then discuss ingredients for common skin issues such as acne, ageing skin and hyperpigmentation. At North York, I will be talking about how to choose products for specific skin care issues, and how to get the most out of them. I hope you can join me for one or both talks! As always, admission is free but I recommend calling the branch to register as space is limited in the meeting rooms.

"Understanding What's In Your Beauty Products"

Date: Monday, March 7, 2016

Time: 2:00-3:30 p.m.

Place: Eatonville Branch, Toronto Public Library

430 Burnhamthorpe Road (closest major intersection is Burnhamthorpe & Hwy 427)

416-394-5270

"Finding Skin Care Products that Work"

Date: Wednesday, May 4, 2016

Time: 6:30-8:00 p.m.

Place: North York Central, Toronto Public Library

5120 Yonge Street

416-395-5535



Q: What goes on skin first, sunscreen or makeup (foundation)?

A: It depends on the formulations of both the sunscreen and the foundation, as well as the skin type and the preferences of the user.

There are two types of chemicals used in sunscreen, (1) mineral oxides (zinc oxide, titanium dioxide) which act as physical blockers of UV radiation and (2) synthetic

organic chemicals that absorb the energy of UV radiation.

In order for mineral oxides to do their work, the skin has to be covered evenly and with enough of the mineral to block incoming radiation. Add to that the fact that zinc oxide and titanium dioxide are usually found in creams with a higher oil content because they are difficult to formulate into water-based lotions. That means sunscreens that are solely mineral oxide based tend to be heavy and thick if over SPF 30, and they are usually tinted in order to counter the white/greyish cast that the minerals give to the skin. There are brush-on mineral powder sunscreens, but their wear resistance tends to be low, and again, we run into the same problem where a lot has to be applied in order to get adequate sun protection.

Because mineral oxides are meant to form a physical shield, they can be applied over or under foundation, so long as enough is applied, and the sun blocking effect is instantaneous. **For mineral oxide-based sunscreens, lotion formulations may be applied UNDER or OVER makeup, and powder formulations should be applied OVER makeup. With an appropriate BB cream which has high SPF, you can apply a single product.**

Example 1:

User has combination/oily skin type, and prefers a mineral oxide-based sunscreen. In this instance, a brush-on mineral powder is useful. There are mineral foundations which contain enough mineral oxide to act as a built-in sunscreen, such as Jane Iredale PurePressed Mineral Foundation SPF 25, but care must be taken to apply an even and adequate amount.

Example 2:

User has a normal/dry skin type and prefers a mineral oxide based sunscreen. This user can go two routes:

(a) A lotion mineral oxide sunscreen such as Clinique Sheer City Block SPF 25, with foundation applied over top. Applying another liquid on top may start to feel like a lot of product on the skin, so a powder foundation such as MAC Studio Fix or Jane Iredale's PurePressed Mineral Foundation may be a good idea.

(b) A BB cream with built-in SPF, e.g. Jane Iredale GlowTime Full Coverage Mineral BB, SPF 25. The trick with BB creams is to find one that is a good shade match for the skin, and to apply an adequate amount. Some BB creams tend to be very thick and pasty because of the high mineral oxide content, so patience and practice is required to apply them.

Sunscreens employing synthetic organic chemicals can be formulated in a wide variety of formulations, everything from sheer sprays to lotions to balm sticks. For synthetic sunscreens to do their work, they need to be absorbed into the outer layers of the epidermis to provide adequate screening effect. This is why synthetic

sunscreens need to be applied 30 minutes before sun exposure, to allow time for the active ingredients to be absorbed. **This is also the reason why synthetic sunscreens should be applied UNDER makeup, preferably as the first layer on clean skin.**

Look for lightweight lotions that are formulated specifically for facial use. If applying moisturizer or other skin care product first, let it absorb first for 10-15 minutes before applying sunscreen, or use a moisturizer that contains sunscreen. A liquid foundation can then be applied after about 10-15 minutes, once the sunscreen has had a chance to absorb. Alternatively, a powder foundation can be brushed over top, immediately after applying the sunscreen. Or, you can go the BB cream route, which combines moisturizer, sunscreen and foundation, in a single package, the sole caveat being that an even and adequate amount has to be applied.

Example 3:

User has oily/combo skin type and prefers a liquid sunscreen and liquid foundation. Clinique Acne Solutions BB Lotion SPF 40 is a sheer, lightweight water-based foundation that incorporates sunscreen; because this is very matte, it may require a moisturizer to be used in combination with this, if there are dry areas.

Example 4:

User has an oily skin type and prefers a liquid sunscreen and powder foundation. La Roche Posay Anthelios Ultra-Fluid Lotion SPF 60 is a very thin, lightweight sunscreen lotion. Powder foundation such as MAC Studio Fix or Jane Iredale PurePressed mineral foundation can be applied directly over top.

Example 5:

User has a dry skin skin type and prefers a liquid sunscreen and liquid foundation. Olay Pro-X Age Repair Lotion SPF 30 combines moisturizer and sunscreen. Over top, a creamy sheer foundation such as Laura Mercier Tinted Moisturizer can be used.

Last few words of advice:

- **DO NOT be tempted to mix your sunscreen with a moisturizer or foundation, because you will end up diluting the sunscreen ingredients, which means diminished protection for your skin!**
- **NEVER rely solely on sunscreen products to protect your skin!! Practice safe sun: avoid or limit sun exposure during peak daylight hours, and wear a hat/sunglasses.**

**All products listed above are provided as examples only; they are not endorsements.*



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