

SOLAR POWER

Pack your routine (and workout bag) with high-performance SPFs.

From left: **SERUM** SkinCeuticals C E Ferulic, \$162 **SPRAY** Coola Organic Suncare Eco-Lux Sport SPF 50 Unscented Spray, \$36 **LOTION** Eau Thermale Avène Mineral Light Hydrating Sunscreen Lotion SPF 50+, \$36 **LIP BALM** Coppertone Sport Lip Balm SPF 30, \$3. For other items, see Get-It Guide.

SPORTY GIRLS' GUIDE TO SPF

→ *Pro athletes tell us how they fend off the sun when training on the “shady side” of the course isn’t an option.* BY JOLENE EDGAR

Growing up in Southern California, surfer Lakey Peterson learned to respect the sun from an early age. “I was just a baby when a family member was diagnosed with melanoma,” she says. “I vividly remember my parents chasing me around with a bottle of sunscreen.” That lesson stuck with Peterson, who at age 20 is ranked fifth in the world among female surfers: Day in and day out, she’s vigilant about SPF. “I have to be extra careful. I see a dermatologist for skin checks at least once a year, and I keep sunscreen everywhere—in bags, pockets, my car, my bedroom—because forgetting isn’t an option for me,” she says. Or any of us: Skin cancer rates are on the rise among women, and athletes are particularly at risk, given all the time spent training outdoors. So, how can you protect yourself from the sun without sitting on the sidelines? We asked top athletes—who defend their skin like they do their titles—for their smartest SPF advice.

(SELF) IMAGE

**PRESUN
GAME PLAN**

The ultimate defense against UV damage: prepping with not one but three layers of protection.



1/ First, apply an antioxidant serum to neutralize skin-sabotaging free radicals from the sun. **Goldfaden MD Fleurescence Native Botanical Cell Oil**, \$129



2/ Next, rub on an oil-free face cream that prevents dark spots from forming. **Dr. Andrew Weil for Origins Mega-Bright SPF 30 Skin Tone Correcting Oil-Free Moisturizer**, \$50



3/ Finish with a zinc-based sunscreen on your face and body that won't rub off easily. **Beautycounter Protect All Over Broad Spectrum Sunscreen SPF 30**, \$26

SPF: WHAT MAKES A WINNING FORMULA?

Here's how to decode the label so you can be sure your pick will go the distance when it matters most.



MINERAL LOTION
Mineral-based sunscreens form a heavy-duty physical layer of protection, usually with a blend of zinc and titanium dioxide.

BROAD SPECTRUM
The gold standard in SPF. This keeps you covered against harmful UVA and UVB rays.

ANTIOXIDANT COMPLEX
An added bonus! Antioxidants help offset cellular damage from the environment.

WATER RESISTANT (80 MINUTES)
This tells you how long your SPF will remain intact when exposed to water or sweat. (Nothing is totally waterproof!)

MDSolarSciences Mineral Tinted Crème SPF 30 Broad Spectrum UVA-UVB, \$32

TRAIN BY THE CLOCK

Try track-and-field star Monica Hargrove's interval workout strategy:

9 A.M. "I get up and practice early in the day when the sun is less intense."

10 A.M. "When the sun is strong, I always do certain parts of my routine, like stretching and core, in the shade. And after every interval, I hustle under the bleachers to get in the shade."

11 A.M. "I wrap up my workout and head to the weight room."



Pro trick: Never miss a spot again

We love this idea from top-ranked golfer **Beatriz Recari**: "I slather sunscreen *all* over my body before getting dressed. I used to just put SPF on the skin exposed by my shirt and shorts. But then I got a sunburn through my clothes!"

STILL LIVES: PROP STYLING: RACHEL STICKLEY AT BERNSTEIN & ANDRILLI. PORTRAITS: FROM TOP: COURTESY OF UNDER ARMOUR, MICHAEL DODGE/GETTY IMAGES, ORIGINS AND BEAUTY COUNTER; LUCAS VISSER.

(SELF) IMAGE

Weleda Skin Food, \$19

Peter Thomas Roth Rose Stem Cell Bio-Repair Precious Cream, \$75

Aesop Parsley Seed Anti-Oxidant Serum, \$67

POSTSUN RECOVERY FIX

Boost your body's repair process and calm inflammation with these athlete-approved essentials.

SOOTHING SERUM

"I like Aesop Parsley Seed serum with aloe vera, which is really nice after you've been in the sun," says surfer Lakey Peterson.

RICH MOISTURIZER

"I worship Weleda Skin Food: I put it on before bedtime to soothe chapped skin and rehydrate after a long day," says skier Lexi duPont.

HYDRATING CREAM

"I normally apply a rose face cream once or twice a week—it's the best for your skin, and it also feels amazing," says Peterson.

3 SPFS WITH MVP STATUS

When you're competing up to eight hours a day in blazingly hot locations (think: the equator), you need a sunscreen that outperforms the rest.



CERAVE SUNSCREEN SPF 50 FOR FACE (\$15) "I feel most protected with a broad-spectrum zinc SPF, and one that's water-resistant—otherwise I'd sweat off my sunscreen within 20 minutes!" says U.S. Women's National Soccer Team midfielder **Lauren Holiday**.



AVASOL SURF & SPORT BARRIER STICK SPF 30 (\$19) "I use sticks on my face, ears and lips because they hold up better in water than creams. I love that this one is naturally tinted so I can easily see if it's wearing off in any areas," says **Peterson**.



BANANA BOAT SPORT PERFORMANCE CLEAR ULTRAMIST SPF 30 (\$8) "Greasy hands and tennis rackets definitely don't mix," says professional tennis player **Nicole Gibbs**. "That's why Banana Boat's spray-on formulas are my best solution on the court."



What one athlete does, start to finish

"Establishing a sunscreen routine—and following it, no matter what—is crucial for me," says skiing phenom **Lexi duPont**. "I put on sunscreen every morning, first thing. Then I time my SPF touch-ups with water breaks, so it becomes habit, or set the alarm on my watch." Throughout the day, she reaches for portable or travel-sized SPFs, like Adventuress YouVees Sunscreen Swipes (\$33 per box). "I can zip them into my pockets, so they never weigh me down."



"I PUT ON A TON OF SUNSCREEN. I REALLY LAY IT ON THICK, LIKE BODY CREAM! I ALSO WEAR UNDER ARMOUR SUNBLOCK TEES. THEY'RE LIGHTWEIGHT AND HAVE SPF PROTECTION BUILT INTO THE FABRIC, SO I CAN JUST POP ONE ON AND GO."

—**Kelley O'Hara**, defender on the U.S. Women's National Soccer Team

PORTRAITS: CLOCKWISE FROM RIGHT: COURTESY OF UNDER ARMOUR, EDDIE BAUER.

