

SUNCARE GUIDE

Sun and games

When you're training in the sun for hours every day, taking care of your hair and skin isn't a day at the beach. Two top Canadian beach volleyballers give us the play-by-play of their summer-protection game

BY ANDREA JANUS

When they're training in Hermosa Beach, California, the Canadian beach volleyball duo of Heather Bansley and Sarah Pavan put in daily two-hour practices in the sun and sand, which is just as gruelling for their skin and hair as it is for their biceps. The pair, who are a top team to watch on the Fédération Internationale de Volleyball World Beach Volleyball Tour, have their eye on the 2016 Summer Olympics in Rio. So, with summer upon us, we hit up Bansley and Pavan for their hard-earned strategies for healing hair and saving skin during beach season.

On-court defence

"We're in the sun so much that I don't really like getting colour anymore, because my skin's getting damaged. We're pretty religious with the sunscreen," says Pavan, who goes for long-wearing, sweat-proof sport versions from Coppertone or Banana Boat with SPF 60, and she reapplies every few hours.

"We are contacting the ball a lot, so sunscreen can come off," she adds. "There have been times when I've missed a little piece of skin, and it ends up red. It's like 'Dang it, how did that happen?' So I'll put sunscreen on before my swimsuit, just to be sure."

Bansley prefers natural sunscreens from True Natural and Nature's Gate. "For face I tend to go for something thicker, with more zinc [oxide] for that physical barrier," she says. "My face gets more sun, and I want to prevent sun spots and wrinkles, so I will go with a higher SPF, between 30 and 50." These can be quite thick, so she also recommends Alba Botanica or Sun Bum products for their creamier texture.

Neither heads to the court without lip balm with sunscreen and sunglasses with polarized lenses, which dramatically reduce glare. "I've seen people who don't wear sun-

glasses. Green Beaver green tea lotion is among her natural (and Canadian) beauty faves.

Pavan swears by cocoa butter body lotion from the Body Shop and Vichy's Aqualia Thermal moisturizer for her face. She always uses a leave-in conditioner by Number 4 because she colours her hair, so it tends to get extra dry in the sun. "It's really good for detangling, but it also makes my hair way softer, and it moisturizes it. I hate when it gets all crispy from being in the sun so much."

Both are devoted to deep conditioning. "Hair masks are the best," says Pavan.

"If my hair feels dry, I will put coconut oil

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glasses, and you can tell," Pavan says. "Your eyeballs do get burned." She takes it up a notch with a visor. "It keeps the sun off the face, and it's cooler than wearing a hat."

Post-game cleanup

No matter how vigilant they are about protection, the pair go into full damage-control mode after the game.

Bansley exfoliates with St. Ives apricot scrub to remove all sunscreen before moistur-

in and let it soak," says Bansley, who leaves it in for a couple of hours or even overnight. "But it is an oil, and it does take a couple of days to get it out of your hair."

Get the two talking about their beauty habits and it becomes clear that they take haircare and skincare almost as seriously as their Olympics prep. Almost. "We're both feeling really confident, and that goes back to our training," Bansley says. "We're training really hard."



Sarah Pavan, left, and Heather Bansley.



BADGER SPF 35 ALL-SEASON FACE STICK, \$11, WELL.CA. **COPPERTONE** SPORT SPF 50 ACCUSPRAY SUNSCREEN, \$12, DRUGSTORES. **GREEN BEAVER** GREEN TEA FACIAL MOISTURIZER, \$15, WELL.CA. **OAKLEY** POLARIZED KICK BACK SUNGLASSES, \$245, OAKLEY.COM. **KISS MY FACE** SPORT LIP BALM SPF 30, \$5, KISSMYFACE.COM. **ST. IVES** FRESH SKIN EXFOLIATING APRICOT SCRUB, \$7, SHOPPERS DRUG MART. **VICHY** AQUALIA THERMAL RICH CREAM, \$40, VICHY.CA. **NUMBER 4** SUPER COMB PREP & PROTECT SPRAY, \$36, BIRCHBOX.CA. **SUN BUM** SPF 50 ORIGINAL SUNSCREEN LOTION, \$20, TRUSTTHEBUM.COM

HOW MUCH SUNSCREEN DO YOU REALLY NEED?

No matter what you're up to during these lazy, hazy days of summer, we've got your skin covered in this easy SPF guide

By now we've heard the message: Over 90 per cent of skin cancers are caused by ultraviolet radiation and are preventable. You probably know that SPF 15 means your skin will take 15 times longer to burn than if it were unprotected, so 10 minutes of sun tolerance becomes 150 minutes. But SPF 100 doesn't equal 1,000 minutes of coverage—all sunscreen breaks down after 120 minutes of UV exposure, says Dr. Manish Khanna, director of dermatology-oncology at Montreal's Sir Mortimer B. Davis-Jewish General Hospital and a consulting dermatologist for Garnier Ombrelle.

To clear things up, Health Canada has decreed that from 2015, sunscreens with SPF above 50 will have to stick with a "50+" label, and sunscreens that protect from both UVA and UVB rays (which is essential) will have a circle around "UVA" to show they meet the standards for broad-spectrum protection.

When the rules and labels are constantly changing, it's tricky to know how much protection you need. "You have to tailor sunscreen to the situation," says Khanna. "My patients will often have more than one sunscreen with them." Here, a guide to which sunscreen to wear, when.

STUCK AT YOUR DESK

Protection: SPF 15 moisturizer or BB cream

Perfect product: An Australian study showed that the skin of subjects who wore SPF 15 had more collagen and elastin, fewer wrinkles and less sun damage than those who wore none. "A 15 is pretty decent coverage if you put the right amount on," says Khanna.

Reapplication rules: Protection can be compromised by rubbing or sweating, says Khanna. Reapply if you're headed outside for lunch.

Try: Olay Total Effects Featherweight Moisturizer SPF 15, \$33, drugstores

BRUNCH ON A PATIO

Protection: SPF 30

Perfect product:

A fluid that's lightweight but high-protection.

Reapplication rules:

Break out the bottle after two hours outdoors, no matter the weather, Khanna says. You can still sustain sun damage when it's overcast.

Try: Arbonne Liquid Sunscreen Mineral Sunscreen SPF 30, \$53, arbonne.ca

DAY AT THE BEACH

Protection: SPF 50

Perfect product: Both water and sand reflect the sun's rays onto you. Look for a water-resistant formula that lets you sweat and swim. Lotions are most reliable but sport sprays are great for touch-ups.

Reapplication rules: Even if it's labelled water-resistant, "no sunscreen is waterproof," says Khanna, so reapply each time you dry off.

Try: Banana Boat Sport Performance SPF 50+, \$10, drugstores