

Reminders to tan safely, sensibly

Estee Lauder says, "Women in the year 2000 could look ten years younger than women do today. At last the message about sun damage is being understood, and more women are serious about sun protection. I'm delighted to report that sun products with the highest sun protection factors (SPF's) are the best sellers."

Lauder's goal is to convince every woman that tanning is a very personal thing, some women tan quickly and deeply, others are better off with just a little healthy-looking color. But at the end of the tanning spectrum, the correct protective products are required to prevent ultraviolet damage, which causes a breakdown in the skin's collagen structure and eventually can lead to wrinkles, a toughened texture, uneven pigmentation and other serious skin problems.

Estee Lauder's Solar System makes it simple to match every skin's exact requirements. The front of each package features a large disc which is a graphic indicator of the product's protective powers. A bright yellow disc allows more tanning. Ultra-protective products such as Sun Block Creme and Sun-Cover Creme have white discs;

they allow no tanning at all.

Directly beneath the disc is a large, easy-to-read number. The higher the number, the higher the SPF. These figures are determined through rigorous scientific testing, but Lauder has an easy way of explaining the concept. "If you can stay in the sun 10 minutes before you begin to burn, an SPF of six lets you stay in the sun six times longer, or one hour, without burning."

She also points out that, contrary to popular mythology, it is not necessary to suffer a burn before tanning can begin. Products with moderate to high SPF's allow safe, gradual tanning, without redness or irritation.

ESTEE LAUDER's safe-tan plan starts with a highly protective sun care product, the SPF should be at least 15, and use it liberally for your first two days in the sun. This gives your skin a chance to produce a "base" of melanin.

Then switch to a product with a lower SPF — four or six if you tan easily, eight or 10 for palefakes. Stay at that level until you have the optimum tan for your coloring. For maintenance, go back to a higher-protection product and stay with it. Your tan will remain in-

tact while your skin is shielded from premature aging.

Start protecting your children's skin early. It's the best way to insure healthy-looking skin later on, and teaches good sun-care habits. Use a high SPF product and apply it generously whenever the children are in the sun, not just at the beach.

Infants should not be exposed to harsh sunlight because their skin is so vulnerable.

Much of the "weathering" a man's skin suffers is actually sun damage, and men are especially susceptible to deep wrinkles and skin cancer if they're avid golfers, skiers, tennis players or deep-sea fishermen.

Birth control pills and certain medications can cause adverse skin reactions when combined with exposure to the sun. Check with your physician, and always use a protective product. Sunbathing also can darken the so-called "mask of pregnancy." Again, the solu-

tion is constant protection.

For some skin, especially the pink-white kind that often comes with a Gaelic ancestry, any amount of sun is too much. But there's no need to stay indoors permanently. Just use generous applications of Estee Lauder Sun-Cover Creme (SPF 15), and treat yourself to a bit of natural-looking color with Self-Action Tanning Creme, a unique stand-in for the sun.

One final reminder from Lauder: "With sun care as with skin care, expertise is the key issue. My Solar System collection is the result of decades of serious research into the skin and its well-being. These products should be considered an essential part of the regular skincare regimen."

"The Estee Lauder Beauty Advisor at your favorite store understands the needs of your skin for protection. When in doubt, visit her: It's not just a tan that's at stake, but the future of your skin."

Roeper summer day camp opens for 3-11 year olds

Roeper Summer Day Camp is now accepting applications for the 1984 summer program for children ages 3-11. The eight week session begins on June 25 and lasts until August 17.

Children may attend eight, six, four or two week sessions.

The camp offers aerobics, art, archery, computer, crafts, dance, drama, French, horseman-

ship, music, nature studies, photography, pottery, science, many sports and gymnastics, swimming and wood crafts.

Some other activities include field trips, overnights and picnics. For registration information, call 642-1500.

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"Works over words" asked in church conference

At a brief gathering of Christian Scientists in Boston earlier this month, church officers spoke of the critical need for "works over words" in the closing years of the 20th century.

Incoming chairman of the Christian Science board of directors, H. Dickinson Rathbun, invited church members to consider ways in which the deeper message of the Bible could be more widely felt.

"Without any doubt," Rathbun said, "the best advertisement in our lives for Christ which Jesus so fully taught and lived."

The gathering focused on what Christian Scientists term their "pastor," the Bible and the Christian Science textbook. Speakers emphasized the role of this textbook, "Science and Health with Key to the Scriptures,"

by the church's founder, Mary Baker Eddy, in unlocking Bible treasures in somewhat the same manner as a deeply inspired sermon.

As a church of laymen, with no clergy, Christian Scientists place special emphasis on the "pastoral" role of the Scriptures. Word which, they feel, offers daily guidance, comfort and healing.

The awakening interest in Biblical healing also was noted as a significant sign of the times. Reports from the treasurer, clerk, and church committees were included in the meeting.

Church president, James K. Kysor, of Chapel Hill, N.C., handed over the gavel to incoming president Zedie Hatfield of Hingham, Mass., a native of England, who served with the Royal Air Force in Southeast Asia and the Middle East be-

fore emigrating to the U.S. to serve at the church's headquarters.

She recently resigned as trustee of The Christian Science Publishing Society to devote herself full time to the public practice of Christian Science.

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