

Have Fun in the Sun and Keep Your Skin Safe

Products that protect skin and enlighten minds, including the lung-cancer memoir “Stage 5”

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Struggling to find a sunscreen that meets your unique needs? [La Roche-Posay](#) makes a wide range of products recommended by dermatologists. The Anthelios High SPF Face & Body Sunscreen Set (\$55) includes an SPF 100 melt-in-milk sunscreen for skin that burns easily and a UV Correct SPF 70 antiaging lotion. For children, the SPF 50 Anthelios Kids Gentle Lotion Sunscreen (\$33) is water resistant for up to 80 minutes with no white cast.

Anthelios High SPF Face & Body Sunscreen Set

Not all clothing protects equally against the sun. White cotton, for example, allows more UV rays to pass through. To maximize your protection, add [Rit Dye's SunGuard](#) (\$7) to your laundry. Recommended by the Skin Cancer Foundation and the Melanoma Research Alliance, SunGuard invisibly adds UPF 30 to clothes and is safe for sensitive skin.

Want an unconventional beach read? Try [this memoir](#) from David Chill. A physically active nonsmoker, Chill was shocked to learn in 2012 at age 55 that he had Stage IV lung cancer (he was diagnosed after experiencing pain in his back). A market researcher turned bestselling author, Chill recounts the resultant odyssey in Stage 5. Through conversational prose, the book offers insights not just on cancer—such as information about biomarker testing and clinical trials—but also on life with cancer, including raising a family and dealing with illness (and ageism) in the workplace.

Erica Sullivan founded [Low Ultraviolet \(L.U.V.\)](#) clothing with ultraviolet protection factor (UPF) 50+ in 2019, just one year after her mom was diagnosed with progressive cases of malignant melanoma. Her aim was to help raise awareness of skin cancer among young people while also offering both men and women fashionable sun-safe clothing options. L.U.V.'s pretty Sea Glass Top (\$42), for example, uses microfiber fabric to wick, cool and protect, while the versatile Carbon UPF 50+ Gaiter provides face and neck coverage for worry-free outdoor activities.

[Coolibar](#) sure knows about sun protection. For 20 years, the Minnesota-based company has developed high-quality, sun-safe clothing, including great options for kids and babies. Plus, it was the first sun-protective clothing company to receive the Skin Cancer Foundation's Seal of Recommendation. Cover up the little ones at the pool or beach with its Baby Guppy Ruffle Rash Guard Set or Baby Wave Rash Guard Set (\$29.99 to \$45) with UPF 50+ protection that blocks 98% of UVA/UVB rays and never washes out. Complete the look with the Baby Linden Sun Bucket Hat UPF 50+ (\$26).

