

ASPERNPEAK



ANTONIO BANDERAS

REVEALS HIS ELEVATED ATTITUDE AND RIVETING NEW ROLE

WILD FRONTIER

The Plight of the American Mustang

PLUS On the Colorado Wine Trail with Top Producers

under the aspen sun

OUR WEATHER CAN POSE A SKINCARE CHALLENGE, BUT THERE ARE MANY WAYS TO PROTECT THE SKIN YOU'RE IN.

BY VISHAKA ROBINSON

Thanks to its mountainous, 8,000-foot elevation, Aspen is famous for crisp air and vertiginous views. But these attributes go hand-in-hand with punishing conditions for your skin. Experts estimate that for every 1,000 feet in elevation, UV radiation increases by about four percent; this means Aspenites are basking in sunshine that is some 30 percent stronger than in L.A.

"The sun is so strong here I've seen people burn in as little as 15 minutes," says beauty expert Lily Garfield, who four co-created the recently launched Target collection. "At our Aspen even stock sun-care products below 30. And we always ask customers how they apply them. Nine times the time they're applying it they rub it on. We show them the right way onto skin, like spreading butter."

Our confusion over how to might explain why, although sales (and due to reach \$1 billion a year) denounces of skin cancer continue. American Cancer Society estimates an extra 76,250 cases of melanoma

According to Joel Cohen, a dermatologist trained in Mohs surgery, skin cancer is a more serious issue in Aspen than elsewhere. "As a

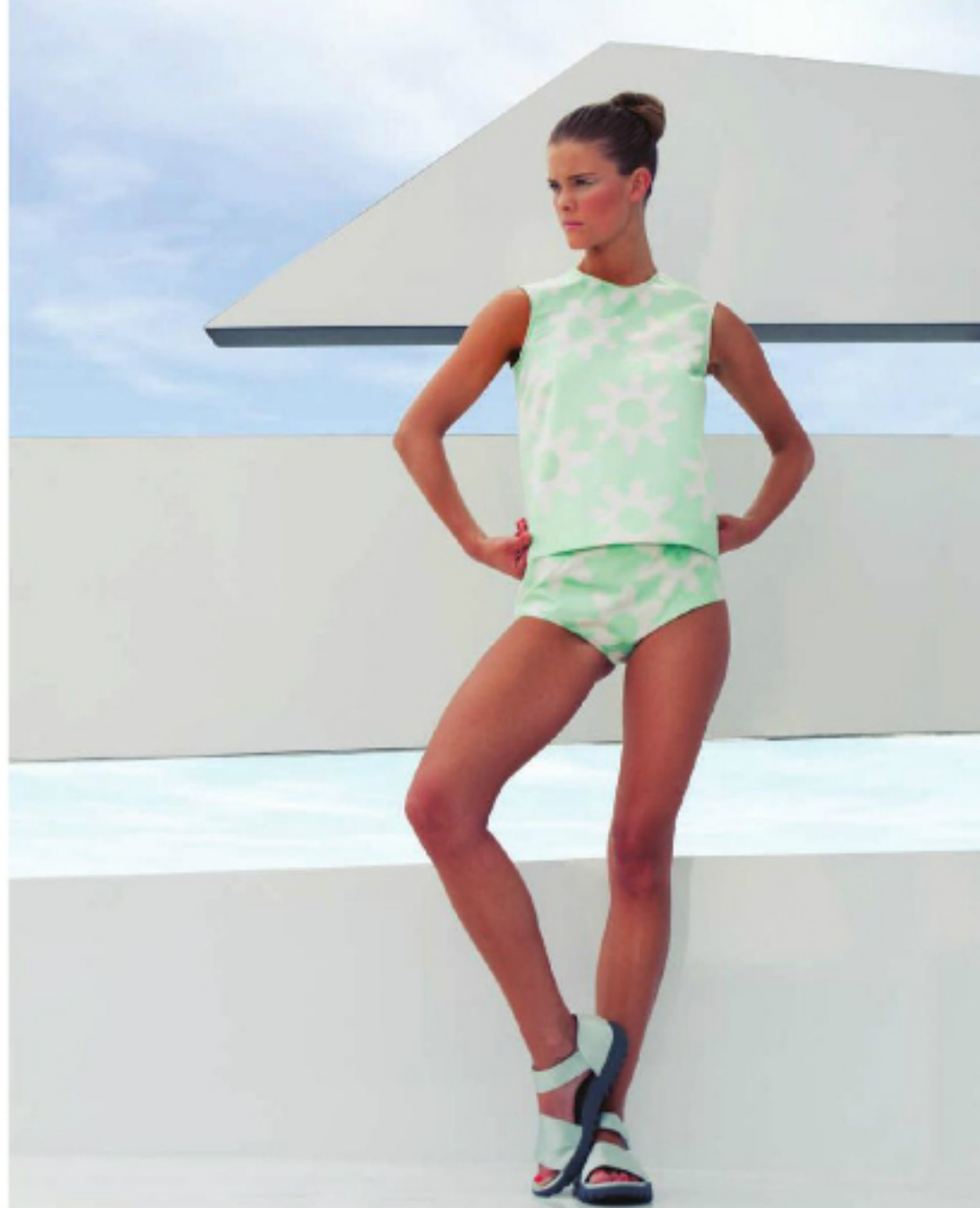
According to Joel Cohen, a dermatologist trained in Mohs surgery, skin cancer is a more serious issue in Aspen than elsewhere. "As a whole, Colorado averages a significantly higher rate of skin cancer than the US average," says Cohen. "Why? A trio of factors: the high altitude in many areas; our outdoorsy culture—people biking, hiking, and golfing; and the weather. We average 300 days of sunshine a year."

getting simpler in 2012, as the much-debated FDA rethink of sun-care labeling takes effect. Key changes include: no more SPF

50 (sed protection gleaned from SPF 50 has been found to be negligible); a words "sun block" and "waterproof" (and that no sun cream can block out as no SPF is totally waterproof); and ting products with an SPF of 15 or bel themselves as a sunscreen.

is finally giving UVA and UVB rays al weighting. SPF has only ever been of UVB rays (which cause sunburn incoer) but not UVA rays (which pene into the skin and trigger premature sun spots, as well as skin cancers). DA has stipulated that if a product

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HIGH-ALTITUDE PROTECTION

The addition of silica powder and Vitamin E make L'Oréal's newest sun care collection as soothing as it is effective. Sublime Sun Advanced Sunscreen SPF 30, **L'Oréal Paris** (\$10), *Carl's Pharmacy, 306 E. Main St., 970-925-3273*

Sisley's post-sun facial treatment is a powerhouse of restorative ingredients. Sunleya Age-Minimizing After-Sun Care, **Sisley** (\$252), *Cos Bar, 309 S. Galena St., 970-925-6249; cosbar.com*

This cult French skincare brand uses Mexoryl SX, a potent FDA-approved organic filter, in its formulas. Anthelios 40 Sunscreen, **La Roche-Posay** (\$35), *Aspen Institute of Plastic Surgery, 400 W. Main St., #100, 970-544-0500; plasticsurgeryaspen.com*

By melding together antioxidant idebenone with broad-spectrum factor 50 protection, Arden has created one of the sun-care products of the year. Prevalge Triple Defense SPF 50, **Elizabeth Arden** (\$119), *Macy's, Cherry Creek Shopping Center, Denver, 303-394-3333; macys.com*

This broad-spectrum factor 50 is water resistant up to 80 minutes. Cross-Terrain UV Face Protector SPF 50, **Kiehl's** (\$25.50), *Gorsuch, 601 Dean St., 970-925-3203; gorsuch.com*

Clarins's SPF 40 is 100 percent mineral based and comes in three subtle tints. UV Plus HP Day Screen High Protection Tint, **Clarins** (\$40), *Cos Bar, 309 S. Galena St., 970-925-6249; cosbar.com*

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labels itself "broad spectrum," it needs to protect equally against both.

But even the most high-tech, broad-spectrum factor 50 sunscreen is useless unless you apply it properly, warns Cohen. You need to be reapplying often and liberally," he advises. "On your face you need a teaspoon-size amount, on your body a shot glass's worth, and you need to reapply it every two hours. If swimming or toweling off, you need to apply it even more frequently."

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Further remedies for Aspen's hardy climate can be found in the restorative menus at our most popular spas. In the 15-room Remède Spa at the St. Regis—where more than 100 facials are done each week during peak months—the most popular treatments are the high-altitude renewal facial and the full-body microdermabrasion. "Both are invaluable for revamping sun-exposed, dehydrated skin," says spa director Julie Oliff.

Foot Viceroy
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