

# THE BIG CHILL

You went and got burned, so the least you can do is help your poor skin recover. That, and don't ever let it happen again. **By Lesa Hannah**

*W*hether you didn't think to reapply your sunscreen or were simply being an idiot and not wearing any, a slap on the wrist isn't the only thing you'll get for developing a sunburn. According to Woodbridge, Ontario-based dermatologist Dr. Vince Bertucci, you'll acquire blisters, peeling and thickened skin, as well as depleted Langerhans cells (important in immune surveillance) and sunburn cells. Porcelain-skinned people are the most susceptible to being scorched, Bertucci says, as they have "limited ability to produce melanin, also known as pigment, which is important in protection from UV rays."

Other circumstances that can contribute to a burn include being at a high altitude, using certain medications such as Accutane, and being near water or sand (where the reflection of sunlight increases your exposure to it). To take the edge off, Bertucci recommends downing an anti-inflammatory such as ibuprofen and counteracting the dehydrating effects of the sun with a "nice emollient moisturizer." To up the relief factor, store your aftersun products in the fridge.

And if this isn't your first time getting burned? Years from now, you could develop photocarcinogenesis. "This is when UV exposure induces DNA damage, followed by the formation of gene mutations and subsequent development of cancer," says Bertucci. A less threatening but no less desirable consequence is photoaging (hi, wrinkles and spots). Don't say we didn't warn you. □

**Avène**  
After-Sun Care  
Lotion (\$27, at  
drugstores)

**Yves Rocher**  
Protectyl Solaire 3 in 1  
After Sun Lotion (\$13,  
yvesrocher.co)

**Burt's Bees**  
Aloe & Linden  
Flower After Sun  
Soother (\$18, at  
drugstores)

**Sephora**  
SuperStars Super  
Soothing After-Sun  
Gel (\$18, sephora.com)

**Ole Henriksen**  
All Purpose Aloe  
Vera Gel (\$33,  
beautymark.co)

**Kiss My Face**  
After Sun Aloe  
Soother (\$9,  
kissmyface.com)

**Banana Boat**  
Ultra Mist Aloe  
After Sun Spray Gel  
(\$10, at drugstores)

**Biotherm**  
After Sun SOS Mist  
(\$29, at drugstores)

**Lancôme**  
Solaire Reconfort  
After Sun Cooling  
Hydrating Gel (\$34,  
at department stores)