



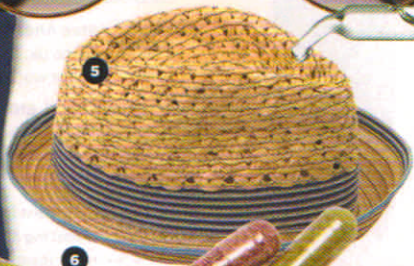
**PUT YOUR SKIN FIRST**

Cosmetic dermatologist Dr Sam Bunting, 35, from Northern Ireland, has practised in Sydney and now lives and works in London.

As an Irish dermatologist with fair skin, when I'm travelling to hot climates I'm pretty obsessive about sun protection. I go to Ibiza every

summer, and travel to dermatology conferences, too, usually in Europe. I was recently at one in Monte Carlo, for example, where a lot of the meetings were held outside. I wear sun block all year round wherever I am, because I always think about preventing potential problems, like skin cancer, and keeping my skin looking young. Sunglasses, hats and cover-ups are vital too, and I avoid the sun as much as possible between 11am and 3pm; I'm a 'long lunch and siesta' person.

Sunscreen is, of course my number-one item, and I prefer Sensense Daily Face SPF50+, £14.30, from John Lewis. When on a boat, take extra precautions with reapplication – the cooling breeze from the sea gives a false impression of the strength of the sun.



**Sam's KIT**

**1** I love Eau Thermale Avène Spring Water Spray, £3, Boots. It instantly calms and refreshes skin, and can help relieve the symptoms of sunburn and prickly heat.

**2** The Firm Heal, £32, Victoria Health is a gel created by plastic surgeons and it's fantastic for sunburn or insect bites, as well as after surgery.

**3** When I'm in Ibiza, I do early-morning yoga on the beach. **Sweaty Betty** has bright, comfortable separates that I mix and match. **Vest, £18**, [sweatybetty.com](http://sweatybetty.com).

**4** I wear Linda Farrow Luxe sunglasses, £320. UV light can damage your eyes, as well as your skin.

**5** I always wear a hat to protect my face – I love this one from Jigsaw, £39.

**6** As I'm busy, I rarely get my five a day, so I take supplements. A US plastic surgery colleague recommended **Juice Plus, £53.49** for a month's course, and now I give it to my patients, too. Visit [drsambunting.com](http://drsambunting.com).

**7** Obagi Professional-C 15% Serum, £65, helps deflect sun damage and stimulates collagen. Only available on prescription at [drsambunting.com](http://drsambunting.com).