

We should all know by now that UVAs are present all year round, penetrating heavy cloud and even your office window to cause skin ageing and collagen breakdown. But before you award yourself beauty points for wearing SPF 30 every day, dermatologist Dr Nick Lowe warns that we need to know our skin's other enemy – free radicals.

'When skin cells are damaged by carbon emissions and pollutants, they produce chemicals called free radicals, which cause the breakdown of the skin's structure. The only way to fight them is with antioxidants,' he says. Boost your supply by scoffing antioxidant-rich blueberries for breakfast or with specialist skincare formulas.

Thankfully, there's been a wave of sun protectors combining SPF with potent antioxidant action, which repairs existing sun damage and works to block free radicals. We're surrounded by sunlight and pollution all the time, so there's nothing to lose by opting for an SPF/antioxidant combo before hitting the street.



SKIN SCIENCE

Supercharged SUNCREAMS

Jess Lacey discovers the new anti-oxidant sun protection and tries six of the best



1 Sisley Super Stick Solaire SPF 30, £67.50

Handily sweat-proof for my weekend gym sessions, and with the bonus of a subtle glow.

2 La Roche-Posay Anthelios XL Dry Touch Gel-Cream SPF 50, £16.50

Absorbs instantly, and the matte finish is the perfect antidote for my 4pm shine.

3 Soleil De La Mer The Reparative Face Sun Lotion SPF 30, £85

I felt so glamorous using this on a recent trip, and love that it repairs sun damage.

4 Dermalogica Solar Defense Booster SPF 50, £36

Super-moisturising with zero chalkiness – impressive for such a high factor. Plus, it smells like a top spa product.

5 Estée Lauder DayWear Advanced Multi-Protection Anti-Oxidant & UV Defense SPF 50, £30

Worn over moisturiser, this protects against free radicals.

6 Chanel UV Essentiel Daily UV Care Multi-Protection Anti-Pollution SPF 30, £41

My handbag staple for guarding against pollution on my walk to work.