

Can the sun's blue light make wrinkles appear?

BLUE light – part of the spectrum of visible light – is emitted from electronics such as computer screens. Many people worry that it accelerates skin ageing and, over time, can lead to skin discoloration and inflammation. In fact, you get more blue light from the sun than from electronic devices.

But for most people it's not going to be an issue for your skin, nor do you need your sunscreen to offer protection against it, says dermatologist Dr Emma Craythorne.

'Research suggests that blue light is more of a problem for darker skins – anything darker



than, say, the darker Mediterranean skin tone – and generally only then if you have issues with pigmentation, such as melasma or post-inflammatory hyperpigmentation,' she says.

Dermatologist Dr Alexis Granite says the only ingredient that has been shown to protect effectively against it is iron oxide.

'Iron oxide is what gives tinted products their colour,' she says. 'So ideally, use a tinted sunscreen, but if that's not possible, a foundation or powder that contains iron oxide over the top of your usual sun protection should help.'

