Secrets for the fitterati

Dermatologist Dr Adam Friedmann of The Harley Street Dermatology Clinic on the SPF that celebs should go for

1. **Emma Stone**
   - Emma has type 1 skin on the Fitzpatrick Classification Scale. This means she always burns and never tans. She needs to wear at least factor 50.

2. **Blake Lively**
   - Type 2s have fair or blonde hair and blue, hazel or green eyes. They usually burn and tan with difficulty. Blake should wear at least factor 30.

3. **Miranda Kerr**
   - Fair skin with any eye or hair colour combination is a type 3 like Miranda and should wear a factor 25.

4. **Kim Kardashian**
   - A type 4, typical Mediterranean skin rarely burns. Kim should be thinking about using a factor 15.

5. **Rihanna**
   - Type 5 skin very rarely burns and tans easily. She should use a factor 10 for the first few days.

6. **Lupita Nyong'o**
   - Black skin like Lupita’s is unlikely to get skin cancer. She should use a little sunscreen if she’s out in the sun for a while, but it doesn’t matter what factor.

If you do get sunburnt, take ibuprofen and use an aftersun with aloe vera.