

Best Big Island B&B Hideaway

We love the four cottages of **Volcano Rainforest Retreat** for their beautiful, natural wood architecture—and for where they're located. They're nestled in the lush rain forest just down the road from Hawai'i Volcanoes National Park.

There's more beauty in the details: outdoor Japanese furo baths, ornate, cast-iron gas stoves for chilly nights, the little brass Buddha along the path, and intriguing art from Hawai'i and around the world. Plus, everything is immaculate.

From the aromatic candles and Tibetan chimes to each cottage's library of CDs and books with meditative themes, it's all about serenity in this forest sanctuary. *11-3832 Twelfth St., Volcano, Big Island, (800) 550-8696 or (808) 985-8696, volcanoretreat.com*



VOLCANO RAINFOREST RETREAT



COURTESY OF WAIKIKI IMPROVEMENT ASSOCIATION

Best Place to Watch a Free Movie

Movie theaters can get a bit stuffy, but not at **Sunset on the Beach**. Each month, Waikiki Beach literally transforms into a movie theater under the stars, where you can watch feature films on a 30-foot screen. Come before sunset to enjoy the food booths and free entertainment. Don't forget to bring your beach towel and a jacket. *Remaining 2008 dates: Oct. 11-12, Nov. 15-16, and Dec. 19-20. (808) 923-1094, waikikiimprovement.com*

Mahalo to all of our readers who filled out our "Best of Hawai'i" ballot. Ten lucky readers were randomly selected to receive gift packs from Oils of Aloha:

Dennis L. Davidson, of Florence, Ore., **Janet Brown**, of Swartz Creek, Mich., **Richard Hughes**, of Carlsbad, Calif., **Sandy Bootz**, of Niles, Ill., **Bruce D. Carter**, of North Branch, Minn., **Anna Leon Guerrero**, of Vacaville, Calif., **Chuck Harstad**, of Evansdale, Iowa, **Mark Wilcox**, of Bull Valley, Ill., **AnnDrea Russell**, of Mindemines, Mo., **Richard Smid**, of San Leandro, Calif.



Best Advice on Protecting Yourself from the Sun

We often see people spoil their trips to Hawai'i by getting too much sun too fast. We consulted well-respected Honolulu dermatologist Dr. Carla Nip-Sakamoto for some recommendations:



- 1. Use the proper sunscreen.** Use sunscreen with a sun protection factor (SPF) of at least 30. "Some of the ingredients to look for are zinc oxide (6 percent or more), titanium dioxide and avobenzone, with a stabilizing molecule such as helioplex," says Nip-Sakamoto.
- 2. Put it on right.** Don't wait until you're at the beach. "If you do that, you're not allowing enough time to let the sunscreen bind to your skin cells," she says. "You should apply at least one ounce of sunscreen at least 30 minutes prior to outdoor activities. And reapply at least every two hours—more frequently if you're swimming or sweating."
- 3. Put enough on.** Notice that Nip-Sakamoto recommends a full ounce of sunscreen, far more than most people wear. Think a shot-glass full.
- 4. Wear a hat with a three- to four-inch brim.** Baseball caps only provide partial protection. "It won't protect your neck and ears, which are common areas where skin cancer develops," says Nip-Sakamoto. "Another place people forget about is the top of the feet. We've taken a fair number of cancers off of people's feet."
- 5. Wear protective clothing.** Darker colors provide better protection than light colors. "But the biggest factor in clothing is the tightness of the weave," says Nip-Sakamoto. Apparently, UV can still pass through the small holes in the fabric's weave.
- 6. Don't count on a beach umbrella.** "I wouldn't recommend sitting under a beach umbrella as a form of shade," says Nip-Sakamoto. "You might think that you don't need to wear sunscreen because you're under the umbrella, but you'll get burnt because the sun reflects off the sand."
- 7. Protect your eyes with UV-blocking sunglasses.** You'll want to get a pair of shades that block 99 percent to 100 percent UVA and UVB radiation. ☞