



SUNSCREENS

Two types of damaging UV rays reach the earth: UVA and UVB

UVA: mainly causes aging and pigmentation

UVB: mainly causes burning (SPF measures only UVB)

UVA rays make up to 95% of the rays that reach the earth and are constant all day long, unlike the UVB rays that are more intense from 10 AM to 4 PM. UVA rays persist all year round and are even present on cloudy days. They pass through windows and penetrate deeper into the dermis, causing DNA and collagen damage. Up to 80% of skin aging is due to UVA rays which contribute to skin cancer by suppressing the immune system.

Choose a sunscreen based on broad-spectrum coverage and stability in the sun. Many of the chemical sunscreens available break down in the sun after only an hour or so. **SPF is not as important as the ingredients and formula!**

Ingredients to look for:

- ZINC or TITANIUM – reflective sunscreen provides a physical block for best protection (Blue Lizard, EltaMD, Solbar, etc.)
- HELIOPLEX – chemical sunscreen with stabilizers for longer protection than other chemical sunscreens (look for Neutrogena/Aveeno with this ingredient)
- MEXORYL SX – chemical sunscreen protects against short UVA rays (Anthelios SX by La Roche-Posay or RevitaLift UV by L'oreal)

Using sunscreens properly:

- Apply to dry skin 20 minutes before sun exposure
- Re-apply every 2 hours
- One whole body application = 1 oz. sunscreen



EltaMD has great daily-wear formulas



BlueLizard offers the best protection