



# Skin Survival Tactics for Summer

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**Our glorious sun makes it possible** for us humans to exist on earth. Ironically, the sun can also be one of our deadliest foes. As summer approaches, we shed protective clothing and expose ourselves to the sun's rays. These rays make us feel good, but the UV spectrum damages our skin. We are at risk regardless whether the sun burns, tans, or causes no change in color to us at all.

We admire a healthy-looking beautiful glow as an outward reflection of health. Some think that a little burn is the precursor to their desired "summer color". Tanned or burned skin is simply a sign of damage sustained. Sometimes we don't recognize the damage because we don't feel it. Overcast, cloudy days are particularly dangerous, as 60-80 percent of the sun's UV insidiously penetrates cloud coverage. Skin eventually shows our indiscretions as wrinkles, spots, and leathery textures. Worse yet is the potential for unrecognized skin cancers. Some people are prone to cancers even with very little exposure.

By respecting the sun's energy,

we can help combat its negative effects. Ninety percent of visible aging is caused by the sun and pollution. Using an antioxidant such as vitamin C, E and ferulic acid serum aids in shielding the skin from internal cellular damage. Sunscreens are external shields. Physical sunscreens reflect UV rays away from the skin with zinc and titanium dioxide, while chemical sunscreens use chemical filters to absorb UV rays. Broad spectrum products contain both filters.

Use a sunscreen with an SPF between 30-50. Calculate your individual protection factor by figuring a conservative estimate of the minutes you could spend in the sun before burning and multiply by the product's SPF for estimated minutes of protection. Sensitive skins may prefer weightless, flesh-toned physical sunscreens. Apply sunscreens carefully and liberally on all areas of skin 15-30 minutes before exposure. Reapply often, especially after getting wet. Vacationers must strategize, remembering that the sun's intensity increases while moving

closer to the equator. Avoid exposure when the sun is strongest between 11am and 3pm. Include other protective measures such as hats and polarized sunglasses. Scalp and eyes are common places for cancers and aging. The eye area develops a whopping 10 percent of total skin cancers on the body.

If sunburn occurs, mix 3 drops of lavender oil to two and a quarter cups of water and mist or apply as a compress. A cool bath with eight drops of chamomile oil and eight tablespoons of cider vinegar is also soothing.

Bronzed skin will continue to be recognized as an outward expression of vitality. Aged, damaged bronze skin isn't attractive and doesn't have to be the price we pay for the good feelings we get from being tan. Implement these protective measures and enjoy the outdoors safely. If you seek instantly bronzed, beautifully glowing skin, try a reputable professionally applied sunless tanning experience. Respecting the sun's energy and sensibly protecting your skin will lead to years of beautiful, healthy skin and wonderful memories of summertime adventures. ♦

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