



Stay Sun Safe

by Lindsey McEnroe

In the quest for a safe, healthy glow this summer Exclusive ask the skin care professionals how to prevent and protect in order to achieve a healthy tan.

What causes sun damage?

Sun damage is caused by frequent exposure to damaging (UV) rays. UV is an undetected form of radiation emitted by the sun. There are two types of UV rays, UVA and UVB. UVA rays penetrate deep into the skin and are the major source of early ageing and skin cancer. UVB rays primarily access the surface of the skin and are the key source of sunburns.

How often am I exposed to harmful UV rays?

Whether you are walking to your car, driving to work or simply sitting near a window, you are exposed to harmful UV rays. This type of daily contact is known as secondary UV exposure.

Secondary exposure occurs when you least expect it. It can occur on cloudy days in the shade, even while you are indoors. It is likely that the usual individual is exposed to more than 10 hours of indoor UV rays every week. Add that to over seven hours of outdoor UV rays a week and without a suitable shield your weekly UV radiation might total to nearly 20 hours. That is equivalent to spending the weekend at the beach without wearing sunscreen.

Environmental elements such as sunlight, smoke and air pollution cause chemical reactions in the skin, known as free radicals, which can lead to fine lines, wrinkles, loss of elasticity, discolouration and even more serious skin conditions such as skin

cancer. There are several types of products and procedures available to reverse sun damage:

Microdermabrasion

This involves removing the top layer of dead cells from the surface of the skin, thereby accelerating the renewal cycle of the skin and leaving it refreshed and renewed. It leaves your skin feeling fresh, clean and rejuvenated after the very first treatment. A course is normally recommended.

Chemical Peels

A chemical solution which is applied to the face in order to loosen the "glue-like" characteristics of sun damaged or ageing skin. These vary in strength depending on the damage and skin type, producing dramatic changes with virtually no erythema or recovery period.

For a personalised 'Prevent and Protect' skin care regime consult the skin care experts at Waterside Aesthetics. During July and August a free Skin Assessment/Skin scanner is available. In addition, throughout these months there is 10% off all sun protection and sun damage treatments and a percentage of Skin Ceuticals sunscreen sales will be donated to Skin Cancer Awareness towards melanoma awareness education.

Sun Damage Prevention

Choose the proper sunscreen

The SPF (Sun Protection Factor) measures the right amount of UVB absorption, but there is no method of reporting the UVA absorption. The only way to determine if a sunscreen protects against UVA and UVB radiation is to look at the ingredients. A good broad spectrum sunscreen should have an SPF of at least 15 and above.



Applying the sunscreen

Most people use sunscreen improperly by not applying enough.

They apply 25 – 50 % of the recommended amount. It takes 20 – 30 minutes to be absorbed into the skin, so it should be applied at least half an hour before going into the sun. Sunscreen should be the last product you put on your face as some sunscreens can be broken down in the presence of water found in foundations and moisturisers. Sunscreen should be applied daily. The daily use of a low SPF (15) has shown to be more effective in preventing sun damage.