

Sun Smarts



For extended sun exposure:

- **Sun Defense Sunblock SPF 25** offers waterproof/sweat-resistant protection for the face and body.

For safe tanning *without* the sun:

- **SunSense Tinted Self-Tanner** provides an instant glow and a tan color in about an hour.
- **SunSense Bronzing Powder** can be brushed on for an instant sun-kissed look. Available in *Gilded* and *Copper*.
(Note: These products **do not** contain sunscreen.)

Did You Know ...

- Atmospheric conditions, geographical location and the time of day and year influence the power of the sun's rays. Avoid peak hours between 10:00 A.M. and 4:00 P.M. Beware of high altitudes and proximity to water.
- Genetics, hormones and medications influence your skin's protective response. Check with your

pharmacist about photosensitivity due to medication.

- A sufficient amount of product must be applied for optimum protection. Use these measurements as a guide: A teaspoon for the face and approximately three tablespoons for the body. The more sun protection applied, the better it is for your skin.
- Using multiple products with varying sun protection factors does not increase your sun protection (i.e., an SPF 15 moisturizer combined with an SPF 20 foundation does not equal an SPF 35).
- During physical activity, it is important to reapply sunscreen every 30 minutes.
- SPF products lose potency if left out in the sun. For maximum benefits, discard any opened containers after six months.

Sun Smarts

The sun gives us light, warmth and energy. However, its invisible ultraviolet rays — classified as UVA and UVB — are harmful to the skin.

The skin responds to sun exposure by producing a brown pigment called **melanin**. Freckles are an example of sun-induced pigments. Each person's melanin production varies.

Ask Yourself:

*Do you usually or occasionally burn?
Does your skin redden before tanning?*

If you answered “yes” to either of the questions above, your skin is not capable of producing sufficient melanin to protect you from burning.

Consider this: Skin damage is both immediate and long-term. A tan is a sign that damage has occurred.

Stages of Sun Damage

IMMEDIATE — Skin reddens/ color deepens.

AT ONE WEEK — The visible skin thickens; some dryness or flakiness follows.

LONG-TERM RESULTS OF SUN EXPOSURE — Sunspots, premature wrinkles and an increased risk of skin cancer.

Sun damage is cumulative and irreversible. *Be smart and safe!*
Daily exposure adds up — protect your skin every day.

Daily use of sunscreen — rain or shine — is more efficient in the protection against skin cancer than if it's occasionally used when heading outdoors.

Sun Care Products

According to the Skin Cancer Foundation, limiting sun exposure, wearing protective clothing and using sunscreens (with an SPF 15 or greater) may reduce the risk of skin cancer and other harmful effects of the sun.

Ask your Beauty Consultant to recommend a protective facial product with SPF 15:

- **LUXIVA® Sheer Defense**
- **LUXIVA® PREVENTAGE™ Firming Defense Creme**
- **LUXIVA® PREVENTAGE™ Firming Eye Creme**
- **LUXIVA® Changing Skin Treatment**

Protect the delicate skin on the back of your hands:

- **LUXIVA® PREVENTAGE™ Hand Treatment with SPF 15**

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