

SKIN TIP TUESDAY



SUN
EXPOSURE

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Understanding Radiation

There are 2 types of UV radiation:

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- **Ultraviolet A (UVA),** which can pass through glass. Research suggests that it may:
 - **Cause premature aging and wrinkling of the skin**
 - **Cause basal cell carcinoma, squamous cell carcinoma, and melanoma**
- **Ultraviolet B (UVB),** which does not pass through car windows or other types of glass.
 - **UVB is more closely linked with the development of skin cancer and melanoma**
 - **Causes sunburn**



Use sunscreen every day, even if it's cloudy.

- **Apply at least 15 to 30 minutes before going outside.**
- **Use a lip balm or lipstick that contains sunscreen with SPF of at least 30.**
- **Choose a broad spectrum sunscreen that protects against both UVA and UVB radiation.**
- **Make sure it is water resistant and has an SPF of 30 or higher.**
- **Other sunscreens may help keep you from getting sunburned, but they won't protect against skin cancer**



Use sunscreen every day, even if it's cloudy.

- **Reapply sunscreen every two hours. Reapply every hour if you are swimming or sweating.**
- **Be extra careful around water and sand. These surfaces reflect the damaging rays of the sun, which increases your chance of getting sunburnt.**
- **Limit the amount of time you're in the sun between 10:00 AM and 4:00 PM. This is when the sun's rays are the most intense.**
- **Practice the shadow rule:** if your shadow is shorter than you, the sun's rays are at their strongest, and you should find shade.

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