

SUMMER OF SELF LOVE



DID YOU KNOW?

Radiation from the sun can lead to a number of different skin concerns, including:

- Fine lines and wrinkles
- Rough, uneven skin
- Skin blotches and uneven tone
- Hyperpigmentation, dark spots or sun spots
- Sallowiness



HOW TO PROTECT YOUR SKIN:

- Seek the shade, particularly between 10am and 2pm
- Avoid all tanning booths
- Cover up with clothing, a hat and UV-blocking sunglasses
- Use a broad-spectrum sunscreen with an SPF30+
- Apply 2 tablespoons of sunscreen all over the body 15 minutes before going outside; reapply every 2 hours, and after swimming or sweating