



## Suncare Tips

Be sure your sunscreen and daily facial products have broad spectrum protection of at least **SPF 30**. Don't be fooled by higher SPF levels. The amount of extra protection doesn't last as long as you might think so remember to **reapply every two hours**; more frequently if you are in or around the water or sweating. Remember to apply your thicker base sunscreen (about 2 tablespoons for your entire body) 30 minutes before heading outdoors, to get the maximum benefit. Then pick something that is easy to reapply – it will make the process much easier and enjoyable

Put your sunscreen on before you get dressed. This will prevent you from missing key spots such as your lips, ears, neck, back of hands, feet and upper chest. This is especially good for kids. Starting good habits young will last a lifetime.

Lip cancer is becoming more and more prevalent. Use a lip product with SPF to protect yourself. Most lip glosses and lipsticks attract the sun, making your risk higher. Look for something with SPF that you like that you will use and reapply.

Don't get a sunburn!

Prepare a "sun bag" to bring with you anytime you might be outside. Keep it stocked!

- Wide-brimmed hat (to cover back of neck, ears and cheeks)
- Sunscreen for body, face and lips
- Long sleeved crewneck shirt, UV blocking clothing (this actually keeps you cooler)
- Sunglasses with UV block
- Blanket or towel

Keep your summer v-necks for inside or evening wear. The skin on your chest is extremely thin and easily damaged. If you are outside during the day, wear crew-neck shirts as often as possible. Make it fun...come up with stylish ways to cover up that skin during the day and show it off at night! You will notice a difference and be glad you are the one with the beautiful skin and sexy evening v-necks!

Sit in the shade, especially between 10:00 am and 4:00 pm. UV rays can penetrate into shady areas too, but you are definitely more protected in the shade. Try alternating sun and shade to increase your pleasure and lengthen your stay outdoors.

Avoid tanning and UV tanning booths. Use a self-tanner that contains DHA if you desire color.

Examine your skin head-to-toe every month. See your dermatologist every year for a professional skin exam.

Share with a friend. Help your friends and family be sun smart. Think of suncare as something you do for yourself, like a healthy diet or exercise. You will love the results!

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## Sun Protection and Makeup Tips

Sun is responsible for many signs of aging. This is called **photoaging** which is the cumulative effect of sun exposure over your lifetime. This includes exposure from activities such as walking outside, driving to work or sitting in front of a sunny window... all examples of sun exposure you might not think of protecting yourself against. Over the years this can add up to wrinkling, leathery skin, skin cancer, and other signs of aging. Remember to protect your skin from the sun's harmful rays to help keep your skin looking and feeling younger. The best first step is to use the right cosmetics!

### Step 1 - Moisturize

- Select a sunscreen-containing moisturizer. Look for a "broad-spectrum" product with a minimum SPF 30. Check the package for active ingredients such as zinc oxide, avobenzone (parsol 1789), octocrylene, octinoxate, octisalate, and titanium dioxide. These are the most cosmetically elegant and long-lasting broad-spectrum ingredients found in facial moisturizers.
- Apply the moisturizer to your face, ears, neck and upper chest every morning after cleansing. Be careful around your eyes. Some of the broad-spectrum active ingredients can sting your eyes, so test the area and use caution when applying. Don't pull at your skin. Apply in light circular motion always moving in an upward fashion, against gravity. Apply enough and try to apply it evenly.
- **Use your moisturizer with SPF 365 days a year.** The sun seems stronger in the summer, but the damaging effects are present every day. If you don't wear much makeup, this is your minimum requirement.
- **Recommended products include:** Neutrogena Healthy Defense SPF 30 or 45 daily moisturizer, Eucerin Everyday Protection Face Lotion SPF 30, Aveeno Positively Radiant Daily Moisturizer SPF 30, Revision Skincare Intellishade tinted moisturizer SPF 45, Oil of Olay Complete Defense SPF 30.

### Step 2 – Liquid Foundation

- Select a foundation with an SPF rating between 8 and 15. This is a good choice since most people do not get the maximum effect out of their sunscreens because they do not apply enough or do not apply it evenly. Mineral make-up is a great choice because they are manufactured with organic and natural ingredients.
- Apply the foundation to your face using the techniques noted above.
- **Recommended products include:** Colorescience liquid foundation or primer.

### Step 3 – Pressed Powder

- Select a pressed powder to top off your foundation. Pressed powder contains tiny pigmented particles that provide some protection on their own, and applying powder after your moisturizer and foundation help them stay put all day. Once your foundation or moisturizer are washed away by perspiration or your own skin oils, they are no longer effective at protecting your skin.
- Apply the pressed powder with a sponge. Reapply as often as you think necessary.
- **Recommended products include:** Colorescience pressed powder.

### Step 4 – Lip Protection

- Select a product with at least SPF 30. Your lips have almost no melanin, so they cannot protect themselves from harmful UV rays. If you don't wear lipstick, get in the habit of using a colorless lip balm. If you do use lipstick, avoid super-shiny, high-gloss lipsticks with little pigmentation. These attract the sun instead of protect against it. Opaque shades offer better protection. Lip gloss can always be added on top.
- Apply and reapply lip protection often.
- **Recommended products include:** Colorescience lip protection, Vanicream lip protectant, chapstick.

### Step 5 – Body Protection

- Select a product with at least SPF 30. Select something you like and will use. Note if it is waterproof.
- Apply and reapply often. Every two hours or more often if you are sweating or have toweled off.
- **Recommended products include:** Vanicream, Up and Up (target brand), Banana Boat, Coppertone, Neutrogena, Colorescience. Base coats need to be lotion. Sprays or powders are great for reapplying on the go.

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