

Sunscreen Guide

Did You Know?

- ☞ 1 out of 5 Americans will develop skin cancer in their lifetime.
- ☞ A “healthy” tan is the first sign of skin cancer.
- ☞ Tanning beds increase your risk of skin cancer by 50%. A tanning bed emits 15 times more UVA rays than the sun. Getting that base tan before an event does not protect you from sun damage!
- ☞ Freckles and age spots are nearly always a sign that sun damage has occurred.
- ☞ Most people only apply one third of the correct amount of sunscreen.
- ☞ Even on a cloudy day, 80% of the sun’s UVA rays pass through the clouds.

Sunscreen Tips:

- ☞ Think of the sun’s rays this way: UVA = Aging rays that cause wrinkles and age spots and UVB = Burning rays
- ☞ Look for sunscreens with Zinc Oxide, which offers broad-spectrum protection from UVA and UVB. Please read the ingredients label before buying your sunscreen!
- ☞ Wear sunscreen every day and all year long with an SPF of 30 or greater. UVA rays are present all year long, even during the winter, through clouds on overcast days, or sitting near a window. Don’t forget your ears, neck, chest and hands!
- ☞ For the average body, it takes a full ounce of sunscreen (a golf ball size) to adequately protect your skin. Reapply your sunscreen at least every two hours and if you are in water or perspiring use a sunscreen designed for sport.
- ☞ Wear a broad-brimmed hat to protect your scalp, face, ears and the back of your neck. A baseball cap or straw hat does not offer adequate protection.
- ☞ Don’t forget to protect your lips and eyes! Use a lip balm with SPF 15 and sunglasses.
- ☞ Mineral makeup or makeup with sunscreen can provide extra UV protection, but is inadequate by itself. We recommend Colorescience and Jane Iredale for mineral makeup.

Available At Our Office:

- ☞ **Elta MD UV Clear SPF 46** - Very transparent and light. Ideal for oily or acne prone skin. Our #1 seller for men.
- ☞ **Elta MD UV Skin Recovery** - 100% mineral sunscreen powered by patented 2% AA Complex Barrier Repair Technology to protect, recover, and strengthen even the most sensitive skin. Great post-procedure sunscreen!
- ☞ **Elta MD Sport SPF 50** - Waterproof sunscreen for sports and swimming.
- ☞ **Elta MD UV AOX Mist Broad-Spectrum SPF 40** - a sheer-finish 100% mineral sunscreen spray that’s enriched with antioxidants to help prevent premature aging and rejuvenate skin.
- ☞ **Colorescience Sunforgettable Total Protection: Face Shield, Flex, Matte, Glow and No-Show** Powered by patented EnviroScreen® Technology, this hydrating, antioxidant-rich mineral formula provides complete protection from environmental aggressors in a weightless texture.
- ☞ **Colorescience Sunforgettable Brush-On Shield SPF 50** - Lightweight mineral powder, clear or tinted, in a self-dispensing refillable brush. Easy to reapply during the day! Works well over makeup too!

Shop sunscreens in our online store or in our Product Room

