

Protecting Your Skin from the Sun

By Rachel Maier, MS



LOVE TO SOAK up the sun? You might want to protect your skin with more than just sunscreen before you spend lazy afternoons by the pool this summer. As wonderful as those warming rays may feel, they contain ultraviolet (UV) radiation that damages your skin. Sunscreen is a fantastic first step, but keeping your skin safe and healthy involves more than remembering to reapply every 80 minutes.

Why Is Sunlight Harmful?

Sunlight isn't *all* bad. It helps your body produce vitamin D, an important nutrient your bones need to stay strong; it boosts your mood by increasing serotonin levels; and it helps improve sleep by regulating your circadian rhythm. However, exposure to any amount of sunlight that results in sunburn compromises your skin's health. The sun's UV rays damage the

DNA in skin cells, producing genetic mutations that can lead to premature aging and skin cancer. UV rays can also damage the eyes, causing cataracts, macular degeneration, corneal sunburns and eye or eyelid cancers.¹

How to Protect Yourself

A trio of sunscreen, shade and protective clothing guard against the harmful effects of the sun's UV rays:


Sunscreen: No matter what sunscreen you prefer (spray, cream, stick), look for broad-spectrum, sun protection factor (SPF) 30 (or higher) and water resistance. Broad spectrum means the sunscreen protects against both UVA and UVB rays. The SPF number is a measure of how much UV radiation it takes to produce a sunburn on protected skin (e.g., skin with sunscreen applied to it) relative to the energy required to produce a sunburn on unprotected skin. And don't forget your lips need protection too! Make sure to use lip balm with SPF 30 or higher.

Shade: Seek out a shaded park bench; lounge beneath a pop-up canopy made of fabric with UV protection factor of 30 or higher while at the beach; wear a wide-brim hat (bonus if it is made of UV-protected materials) when a shade structure isn't available; and make sure to wear sunglasses with 100 percent UV-protected lenses, which filter out all harmful UV radiation.¹ In fact, UV rays can penetrate clouds, so sunglasses are a good idea on overcast days as well.

Protective clothing: Look for specialty clothing pieces made with fabrics that carry a UV protection factor (UPF). UPF measures the amount of UV radiation that can penetrate the fabric

and reach your skin. UPF 50+ blocks 98 percent of the sun's rays. Coolibar sun protection clothing was the first clothing line to receive the Skin Cancer Foundation's (SCF's) Seal of Recommendation, which is given to products that meet the foundation's criteria for safe and effective sun protection when used as directed.

Prioritize Sun Safety All Year

Everyone — no matter your skin tone — should prioritize sun protection. Fair skin tones burn more easily than dark skin tones, but darker skin tones can still become damaged by overexposure to the sun. People with all skin tones should wear broad spectrum sunscreen that is at least SPF 30 or higher; reapply sunscreen after swimming or every two hours; and avoid direct sunlight during peak hours (10 a.m. to 2 p.m.) because the sun's rays are the strongest during that time. And remember: The sun's rays can cause damage all year, whether it is a cloudy winter morning or a hot summer afternoon. Use a daily moisturizer with SPF 30 or higher; wear sunglasses regardless of the weather; and check out the shopping guide for other great products to help protect your skin this summer and all year long. 

Reference

1. Rodríguez-Sains, R. The Sun & Your Eyes. Skin Cancer Foundation, updated October 2022. Accessed at www.skincancer.org/skin-cancer-prevention/sun-protection/eye-protection.



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Cetaphil Daily Facial Moisturizer

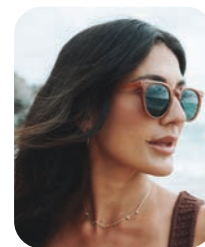
Daily sun protection doesn't have to leave your skin greasy: This nourishing lightweight facial moisturizer absorbs quickly, leaves a matte finish and contains broad spectrum SPF 35 to protect against damaging UVA and UVB sun rays. Bonus? Its unique blend of antioxidants protects against surface free radical damage. Dermatologist tested and clinically proven to be gentle on sensitive skin, it is hypoallergenic, non-comedogenic, fragrance-free, paraben-free and oil-free, and it received

the SCF Seal of Recommendation. **\$15.99**; www.cetaphil.com/us/moisturizers/daily-facial-moisturizer-spf-35/302994113002.html

I-Sea Polarized Sunglasses

Family-owned and operated in California, I-SEA Sunglasses handcrafts exclusive, limited-batch sunnies with polarized, 100 percent UV-protected lenses at low prices. Designed to flatter any and all face shapes, these sunglasses are stylish and affordable.

Start at \$28; i-sea.com/collections



Shopping Guide for Sun Protection



Coolibar Sun Protective Clothing and Hats

For more than 20 years, Coolibar has been innovating UPF 50+ fabrics and making UPF clothing guaranteed to block 98 percent of UVA/UVB rays. From tees and tunics to swimwear and shawls, Coolibar offers a variety of options to keep you and your family protected from the sun, no matter where life takes you. Its UPF sun protective clothing, sun hats and sun protective swimwear provide the highest UV protection available to keep the whole family cool, comfortable, sun safe — and looking great! It has the SCF Seal of Recommendation.

Child pieces start at \$29;
adult pieces start at \$59;
www.coolibar.com

Cetaphil Sheer Mineral Sunscreen Face Drops

This ultra-lightweight sunscreen dries with a matte finish, making it ideal for application under makeup or for daily wear by itself. Formulated with antioxidant vitamin E to help defend against surface free radicals, it has 100 percent mineral active SPF 50 and reflects UVA/UVB rays to protect skin and prevent sunburn. It blends quickly into the skin without leaving a greasy residue and is water-resistant for up to 80 minutes. It has the SCF Seal of Recommendation.

\$14.99; www.cetaphil.com/us/sunscreens/sheer-mineral-sunscreen-face-drops-spf-50/302994110001.html



GCI SunShade Rocker

Rock, relax and stay cool under the sun! The SunShade Rocker is your all-in-one outdoor comfort solution, featuring patented spring-action rocking technology and an adjustable SPF 50+ sun shade that rotates front to back for ultimate sun protection.

\$90; gcioutdoor.com/collections/rockers/products/sunshade-rocker

Burt's Bees Sun Care Coco Loco Lip Balm

Infused with zinc oxide, this SPF 30, coconut-scented lip balm provides the benefits of mineral sunscreen without the typical whitening appearance and is also water-resistant for up to 80 minutes. It protects and nourishes lips to leave them feeling richly moisturized and soft. It has the SCF Seal of Recommendation.

\$4.79; www.burtsbees.com/product/coco-loco-spf-30-lip-balm

