



Achieve Optimal Health

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SPF = Sun Protection Factor...Keeping It Simple

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We all know the importance of sunscreen, but choosing which one is the best for you can be mind boggling! Here are the important facts to help you decide.

Understanding UV

UltraViolet rays are the powerful skin damaging rays of sunlight. There are two that we need to watch out for, UVA and UVB.

A is for All The Way In: UVA rays find us everywhere, whether we're in the shade or in full daylight, and through windows and reflections as well. It penetrates deep into layers of skin, stimulating the development of age spots and melanoma.

B is for Burn: UVB rays are the sunburning rays. These rays have the most power over the topical skin damage we can easily see. They cause sunburn, dryness, visible dehydration and harsh texture to develop.

A "broad" or "full spectrum" sunscreen is highly recommended. **Anything less than a 30 is very little protection at all.** 30-50+ is what we all need in during the day, and we need to reapply at least every 2 hours when in full sun. If you are participating in water activities, reapply your sunscreen within 40 minutes after you are out – and even sooner if you have dried off with a towel!

How to age as gracefully as possible

Always start your day with a highly clinically regarded anti-oxidant (Vitamins C & E) product applied onto clean skin. Next, apply your serums, creams, moisturizers, etc. Lastly, before your make-up is on, apply your SPF (50 SPF is best) - even if you already have an SPF in your creams or foundation. Those don't provide enough protection!

Don't forget to apply your SPF on your neck and necklace line/upper chest as signs of aging are easily visible here as well.

Remember to pay attention to any skin changes or irritated skin on your face and body, especially that which stays pink. See your doctor with any concerns and questions you may have.