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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sunscreen Selection Advice

By John Morris

The sun releases many kinds of radiation, each with a wavelength band that is specified. As soon

as UVR reach the skin, it is readily absorbed by the skin molecules that intermingle more intensely with a specific wavelength. This act may result in damaging the skin proteins, lipids and cellular DNA, eventually leading to skin cancer. Ultraviolet radiation is broken into three types of wavelengths:

– UV–A: The longest wavelength is not absorbed by the ozone. It deeply penetrates the skin. – UV–B: It is blocked partially by the ozone layer and is accountable for sunburns. – UV–C: This is entirely absorbed by the atmosphere; it can only be encountered from artificial radiation sources.

1. Sunscreen

Sunscreens can absorb or redirect these harmful rays before they can interact with the skin. A sunscreen product will typically contain a combination of chemical and moisturizing ingredients. Certain ingredients are much better in blocking UVB while others block UVA. Chemical sunscreen ingredients PABA esters, cinnamates, para–aminobenzoic acid (PABA), benzophenones, salicylates, octocrylene and dibenzoyl–methane. Titanium dioxide and zinc oxide are physical blockers and board spectrum which block both UVB and UVA.

2. What is SPF?

Stands for Sun Protection Factor. The number is determined and established by the degree of light that stimulate and encourages redness in skins that are sunscreen–protected, divided by the degree of light that encourages redness in skins that are not protected is the SPF. It is simply a measure of protection from UVB which ranges from 1 to 45 or above. A sunscreen product having an SPF of 15 will filters 92 percent of the UVB. Or, a sunscreen product having an SPF of 15 will defer the beginning of a sunburn in an individual who would burn in 10 minutes to burn in 150 minutes. The SPF 15 sunscreen can allow an individual to remain in the sun 15 times longer.

3. Sunscreen Application And Selection:

Sunscreen Selection Advice

- Before buying a sunscreen product, read the label and be sure that it will filter and absorb both UVA and UVB.
- Check also the products level of protection. SPF 15, or 30, depending on how long you usually stay out in the sun.
- Keep in mind that inexpensive brands are just as effective as the expensive brands.
- Check the expiration date. An expired product will lose its potency thereby will not perform its role. This could lead to serious sun burn.
- Choose a product too, that is labeled broad spectrum, to give your skin complete protection from UVB, UVA and UVC.
- Remember that lighter skin will burn more quickly than darker skin. Therefore light skinned individuals needs higher SPF.
- The product should comply and abide with the standard AS/NZS2604 to support their claims and declaration for SPF, water resistance and broad spectrum. This should be in their label.
- Check the products formulation. It must be non allergenic so it is safe to use on sensitive skin and on the face as well as nonacnegenic so as not to clog the pores.
- Insist on a product that is PABA free, containing no irritating chemicals and is safe to use on the face.
- A water proof sunscreen is best.
- Read the label and make sure that aside from sun protection, it also contains essential skin moisturizers to nourish your skin at the same time.
- Before applying a sunscreen, the skin should be clean and dry so that it can be well absorbed.
- Apply a liberal amount of sunscreen all over the body and pay special attention to the face, nose, ears, cheeks, and scalp as these are areas that are prone to sun burn.
- Reapply often, when perspiring heavily or after swimming. It is best to apply it fifteen minutes before you go out in the sun.
- Even on cloudy days, there is still a need for sunscreen application.
- Even with a sunscreen, avoid the sun during the hottest hours of the day starting at ten in the morning until four in the afternoon.
- Reflectors like zinc cream that reflects UV rays off the skin, should only be applied on small areas of the skin as they tend to limit perspiration.

For more great sunscreen related articles and resources check out

<http://sunscreen.skincarehq.com>

Here Are Some Important Facts And Tips About Protecting Children From The Sun

By Ian Smith

When taking your child out to play or for a walk, it is important to remember that the sun's rays are the strongest between 10 a.m. and 4 p.m.

Sunscreens are designed to basically block the sun's rays. The "Sun Protection Factor" (SPF) is a measure of how much protection the sunscreen offers. For example, an SPF of 30 means that a child can stay out in the sun 30 times longer than without the sunscreen. The recommended SPF is 15 (at the very least) and the sunscreen should be "broad-spectrum" (protects against both UV-A and UV-B light rays).

Sunscreens should be applied 30 minutes before sun exposure because it takes some time for them to work on the skin. Remember that even "waterproof" sunscreens need to be reapplied every two hours.

Make sure that all potentially exposed areas are covered including the nose, cheeks, tops of the ears and the shoulders. While putting sunscreen on the face, avoid the eyes. If the screen burns the eyes, try a new type or one that can be applied with a stick applicator.

Never use suntan oil, as it offers no protection and causes the skin to burn quicker. In addition, sunscreens that contain PABA should be avoided.

Sun rays can go through clouds and can cause damage even on cloudy days. In the shade, the sun's rays can bounce from sand, concrete or snow, so keep that in mind as well. Sunglasses with UVA/B protection are also recommended.

Babies less than six months of age should be kept out of direct sunlight. Baby should be dressed in clothing that covers all of the body (long sleeves, long leg pants etc.). Put your baby in the shade (i.e...under a tree, stroller canopy etc.).

Hats or bonnets are also necessary, a baseball cap is the recommended head gear in order to protect the face. Also, tightly woven clothes offer better protection, than clothes with a wider weave.

If your child gets sunburn, keep him/her completely out of the sun until the burn is fully healed.

Ian Smith travels extensively in the tropics with his children, and uses a few simple precautions to protect them from the sun, check them out here

<http://www.worldwidevacationspots.com/categories/Travel-Advice/>



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