

get sun smart

The sun is responsible for what most people think is normal ageing and has a huge impact on how the skin looks and feels. For preventative action - let's get sun smart!



protection
50
sport

spf
50

broad
spectrum

dermalogica
a skin care system researched and developed by The Inter

dermalogica

the facts on sun protection

Q: Will the sun dry up my spots?

A: No

As we unwind on the beach our stress hormones will begin to level out. As acne is exacerbated by stress, it makes sense that as we relax our acne may improve. But this is not a cure. New research suggests that UV may actually exacerbate acne while the heat and sometimes clogging sunscreens add to the problem.

Q: Is the SPF in my make-up enough to protect my skin?

A: No

The problem with relying on the SPF in your make-up is that you're just not getting enough of it. The easiest solution is to use a moisturiser or primer (or both!) that also contain sunscreen. It's fine to have SPF in your make-up, but consider it an added bonus, not your main safeguard.

Q: Do two layers of SPF15 make an SPF30?

A: No

Adding another layer on top of an existing layer of sunscreen does not double the sun protection factor. Two layers of an SPF 15 sunscreen remains an SPF 15 and does not become an SPF 30. Re-apply every 2 hours if outside in summer months or on holiday in the sun.

Q: Does sunscreen last for years?

A: No

Two problems here: first if your sunscreen is lasting years you are not wearing enough. A full shot glass for the body and a full teaspoon for the face is the minimum. Second, sunscreens have an expiry after which they will no longer be effective.