

The ultimate Guide

# HOW TO PROTECT MY SKIN FROM THE SUN

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Rejuvenate





Hello,

We have made it our mission to provide our clients with the best possible treatments and advice.

We all love and enjoy life here on the beautiful Balearic island of Mallorca and most of us have chosen this place because the sun shines so wonderfully and makes life more worth living.

As much as it is essential to get our daily dose of sunshine, too much carries some dangers.

With this guide, and based on many years of experience, we would like to help you enjoy the amazing weather Mallorca has to offer in the best possible way.

Our guide is aimed to provide you with valuable skin care tips to not only protect but improve the quality of your skin throughout the summer period as well.

We are always at your disposal for any further questions. Let's start with protection against damage before treatment – prevention is key!

*Dr. Huw Jones*

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# SOME GENERAL INFORMATION ABOUT SUN PROTECTION

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# THIS YOU NEED TO KNOW ABOUT UV

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We are all guilty of overindulging when the warm weather arrives after a long winter however, we also all know the importance of applying a high SPF 50+ (Sun Protection Factor) protection to prevent sunburns and long-term skin damage, leading to premature skin ageing.

Sunburns occur as a result of overexposure to ultraviolet (UV) rays or radiation which forms one component of sunlight.

There are two types of UV rays:

UVA – Penetrate deep into the dermis resulting in premature ageing

UVB – Leads to sunburnt skin and superficial damage to the epidermis (outermost layer of skin)

Note: Applying an SPF should not only be part of your summer skincare routine, but an all year-round commitment.

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# HOW DO SUNSCREENS WORK?

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Sunscreens come in two varieties:

- Physical – Known as sun blocks, Use mineral based ingredients like titanium dioxide and zinc oxide. They work by staying on top of the skin to deflect and scatter damaging UV rays away.
- Pros – Protects against UVA AND UVB, safe for babies and during pregnancy, less likely to irritate and longer shelf lives.
- Cons – Easily worn off, feels and appears thicker and heavier
- Chemical – Contain chemical compounds that absorb and change UV rays into heat which is then released from the skin and scattered.
- Pros – Thinner and easier to apply, less product required to protect the skin, easier to use alongside other products.
- Cons – increased risk of irritation and clogging pores, contains many more ingredients, only effective 20 minutes after application.

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# DID YOU KNOW?!

Allow us to expose  
some of those well  
know myths!

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Tanning is extremely popular but there are many opinions and myths out there! Here are the 4 most popular myths we can reveal.

### **MYTH #1 „You can’t get a tan with sunscreens“**

You can still tan whilst wearing a high SPF. Many people believe that through applying a high SPF, they will not tan at all. However, unprotected skin takes around 10 minutes to show signs of burning whilst protecting the skin can extend that times by up to 50 times (using an SPF 50)! The higher the SPF, the more protected the skin will be. SPF 50 filters out 98% of UV rays.

### **MYTH #2 “You can’t tan in the shade”**

You can absolutely tan in the shade! Whilst it would take quite a bit longer it is still very possible. Shade alone can rarely provide adequate protection and burns are also possible as the UVB rays can reach the skin indirectly. It is less likely but still possible. Even if you are in the shade or under an umbrella, wearing sunscreen is necessary to protect skin from the sun.



### **MYTH #3 “A Burn will fade into a tan”**

Many people believe that a sunburn isn't much to worry about because it will “quickly fade” into a tan, but it is quite the contrary! Research shows that just five severe sunburns in your lifetime can increase the chances of developing melanoma by a huge 80%. It may seem as though the redness of the skin is turning into a glowing brown but it is only achieved after seriously damaging and weakening your skin.

Note: Prepare your skin with a tan optimiser and never forget your SPF protection, even if you are trying to get a tan.

### **MYTH #4**

#### **“Natural oils provide adequate low SPF protection”**

So many think protecting yourself with natural oils such as coconut oil can provide a low level of SPF protection, however it only provides a false sense of security. Natural oils such as coconut oil or raspberry seed oil might offer very minimal SPF ratings, however, this is completely counteracted by the refractive effect that oil has on UV light .



Next time:

If its hydration you're after, follow every period of sun exposure with an antioxidant-rich, soothing aftersun. When your skin receives a lot of UV exposure, it causes a lot of free-radical damage in the skin which eventually leads to sun-damage and pre-mature again.

**It is also worth noting that the SPF scale is not linear:**

- SPF 15 blocks 93% of UVB rays
- SPF 30 blocks 97% of UVB rays
- SPF 50 blocks 98% of UVB rays

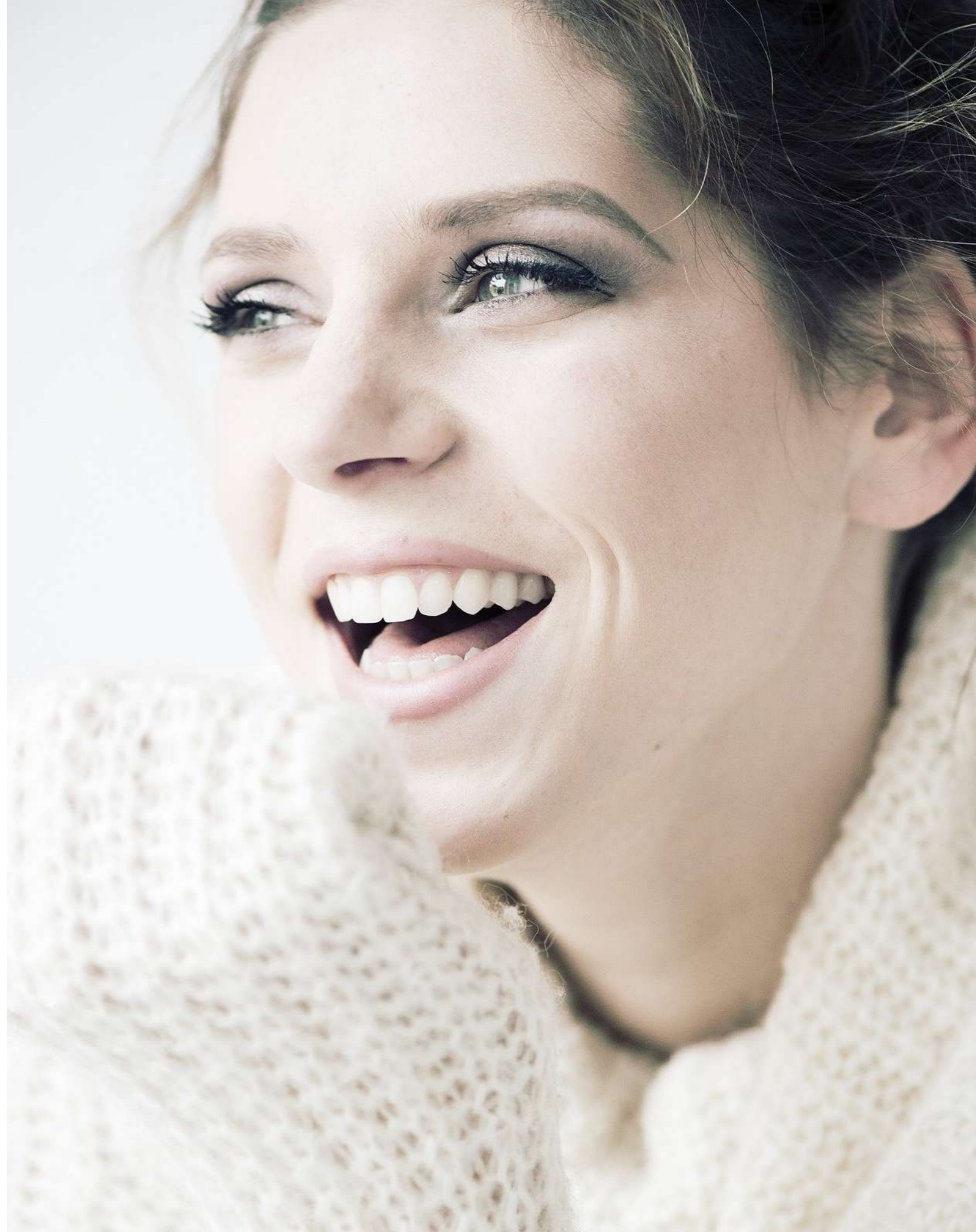
So while you may think that blocking 93% of the sun's rays is completely blocking your chance at a tan - don't forget that your sunscreen is being constantly worn down by sweat and clothing - some rays are absolutely still getting through.

You'd be surprised what a fantastic tan you can achieve by preparing your skin with a tan accelerator, then layering on an SPF before heading out.

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# WHAT IS SUN PROTECTION FACTOR?

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Skincare does not stop at SPF!

We can continue to use a variety of topical products to maintain and improve the skin quality.

Vitamin C Serum helps to reduce sunspots and improve skin tone. It is a potent antioxidant which protects the skin against the sun, smoking etc. Vitamin C also helps to stimulate new collagen formation reducing fine lines and giving a firmer, more youthful skin.

Topical retinol has long been known to help many aspects of skin health. It stimulates cell turnover, evens out tone, stimulates collagen formation and reduces fine lines and wrinkles. It also actually protects your skin from the sun's ultraviolet ray and cell damage that comes along with that. Therefore, using retinol throughout the summer helps to prevent photodamage. It can however increase skin sensitivity to sun so whilst the retinol is applied at night daily, adequate use of sun protection is essential.

Hydration is important. Drinking lots of water throughout the day combined with the use of topical Hyaluronic acid serums and moisturising masks will help to keep the skin well hydrated with a fresher appearance.

Contrary to what many believe, careful skin treatments can and should be continued throughout the summer months. Our "Summer peel" helps to reduce blemishes associated with sun damage and stimulates cell turn over to keep the skin looking bright. There is minimal down time with great results.



Ultimately, alongside all the other preventative measure, two of the most important things anyone can and should be doing is avoiding direct exposure to the midday sun and wearing some form of hat.

Avoiding sun exposure is especially important during those hot summer months and between the hours of 12:00 – 16:00 when the sun is at its strongest – that leaves plenty of time in the rest of the day to get your vitamin D from the sun!

Wearing a hat outside does not only protect your skin from the sun's rays (reducing your risk of sunburn and sun related conditions) but it is also a way to protect your eyes and hair which can suffer greatly from too much sun exposure.

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# HOW TO TREAT SUNBURNS?

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Keep the burnt area cool with ice packs or immerse under cold water.

Apply hydrogel or aloe vera gel/lotion that has been stored in the fridge for cooling effect.

Keep yourself hydrated by drinking more water and avoiding alcohol which could dehydrate the skin even more.

Wear soft clothing to avoid irritating the burnt areas.





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# SUN SAFE HABITS

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## **OUR RECOMMENDATIONS AT A GLANCE:**

- **SLIP ON CLOTHING WHICH COVERS AS MUCH SKIN AS POSSIBLE**
- **SLOP ON SUNSCREEN WITH SPF 30 OR HIGHER, BROAD SPECTRUM, WATER-RESISTANT**
- **SLAP ON A BROAD BRIMMED HAT WHICH COVERS YOUR FACE, HEAD, NECK AND EARS.**
- **SEEK SHADE TO AVOID DIRECT SUN EXPOSURE**
- **SLIDE ON WRAP-AROUND SUNGLASSES WHICH SHOULD MEET EUROPEAN STANDARDS**
- **WEAR LIP BALM WITH SPF**
- **CHECK UV ALERTS IN YOUR AREA**

On behalf of your beauty

- **FACIAL TREATMENTS**
- **BODY- & SKIN TREATMENTS**
- **LASER TREATMENTS**
- **TEETH WITHENING**
- **ANTI AGING**



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