

Beauty Spot

Summer Sun Safely

Hopefully, we're still enjoying a lovely summer, giving us that feel - good factor plus topping up on that all important vitamin D to help strengthen bones. To get this we need a certain amount of time in the sun without sunscreen but this must be done safely. It is very important to protect your skin from the sun's harmful rays; use Sun Protection Factor (SPF) in the sun's strongest rays, particularly between 11am and 3pm.

Using the Right Sun Creams

Sun Protection Factors work in different ways. Sun Block contains titanium dioxide, this is a physical block to reflect and scatter the sun's rays.

People who don't tan or who are at risk of skin cancer need to use a Sun Block. For most of us Sunscreen, which filters and absorbs the harmful rays, is fine. The higher the SPF, the longer time and better protection you have in the sun without burning. Working out how much protection you need depends on where you are in the world. In the UK the sun will burn you in about thirty minutes, hot climates in approximately five to fifteen minutes. So for instance, in the UK SPF15 will give some 450 minutes protection time. Of course swimming or sweating heavily will make the SPF less effective. SPF15 is the minimum to use, SPF30 for children. Using a lower factor doesn't mean you will tan more easily, it only means you will burn more quickly and may then be prone to burning in the future. Tanning is a natural process, whereby the skin produces a brown-coloured pigment called melanin to

protect it against harmful UV rays. Some people darken quickly and deeply whereas others do not darken much at all. There are many different skin strengths. Olive skins tend to tan easily, medium strength skins burn initially but tan the next day, Fair skin burn three to four days before tanning and very fair/sensitive skins burn and do not tan. There is no speeding up the tanning process.

Mad Dogs and Englishmen

Sunburn is a burn to living tissue. The only cure is slow healing, although some skin creams can help the symptoms, especially Aloe Vera. In the desert they break branches off the Aloe Vera plant and use the gel straight on burns. It has amazing healing properties, however the best cure is to use the right SPF to avoid burning in the first place! In the hottest parts of the day cover up and seek shade. We have all been on the beach and seen we have burnt, however that burn happened three to five hours before you noticed it which is why by the evening you are on fire! Sunburn and damage from the sun causes premature aging to the skin, which can take ten to fifteen years to show. It can also cause skin cancer so report any changes in moles to your doctor. We all love a tan but do it safely in the sun, or stay out of it all together and use self tan!

Heather Edwards

The Beauty Room
Milton under Wychwood
01993 832446
www.beautybyheather.co.uk

