

Timely Tips For Summer Skin Care

It's Better to Prepare and Prevent Than to Repair and Repent!

So you're getting ready for summer. The sunny days and hours at the beach are upon us! So what do you know about good skin care for the summer months? The key is prevent, prevent, prevent! Even mild overexposure to the sun can cause lasting damage such as wrinkles and those telltale brown spots! So here are a few hints to protect your skin.

PREVENTION

1. USE AN SPF

Always wear the **right** sun protection factor (spf) for your skin. There are two types of sun rays that most affect our skin. Use a **broad spectrum** sunscreen to protect against **both** uva and uvb rays. Most package labels will identify the level and types of uv protection.

2. LAYER, LAYER, LAYER

"My sun protection is in my makeup." True, most makeup foundations do have an sun protection factor of between 10 and 18. But often they are not broad spectrum in nature. So including an spf in your moisturizer can enhance your protection from the sun.

3. APPLY EARLY AND OFTEN

When at the beach, apply early and often. Apply sunscreen thirty minutes before going out into the sun. By the time you notice the "pink" showing up on your skin, damage has already started to occur. Always reapply after being in the water, or doing physical activity that causes perspiration.

4. APPLY EVERYDAY

Apply sunscreen everyday! Most people do put on sun protection when going out into the sun for several hours. But often they forget to be sure of their protection when doing day to day activities. Have you ever thought, "I'm just going to the mailbox" or "I'm just running to the store?" It's just as important to protect yourself daily as it is to prevent that sunburn you think you might get at the beach.

5. FAKE BAKE

For the safest way to get that beach girl glow, try the latest in self tanning products. See your local skin care specialist for the most recent updates!

REPAIR

There is help for sun damage that has occurred to your skin.

For the short term.....



"OOPS! I got a sunburn!" The most current development in the area of burn repair is the use of tea as found in **Deep Relief Tea Gel** from the Repechage Skin Care Company. This blend of three teas gives immediate relief and speeds healing.

Also from Repechage is the "Apres Soleil Facial" This facial includes a layer of tea gel under a seaweed mask. This combination gives immediate soothing for pain relief as well as the nutrition needed for proper healing of the skin.

In the long run.....

Visible damage commonly shows up as wrinkles and hyperpigmentation (those nasty brown spots that showed up one morning around the age of 40!) and can be addressed by estheticians and skin care specialists. New developments are occurring at a rapid pace in the skin care industry. Make sure your esthetician is up on the latest practices and uses of hydroxy and marine acids, microdermabrasion, and chemical peels as well as facials and facial techniques to slow, stop, or even reverse sun damage to the skin! Don't have an esthetician?

Then give us a call at J. Scott's Skin Care & Day Spa. We would love to help you and your skin!

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