

We are often asked “how can I continue my skin care regime at home” - here we can offer some general advice, but individual, bespoke advice is given during your consultation appointment...

...Lets face it, our skin needs protection x

SPF - SUN PROTECTION FACTOR

The summer is finally here and we are becoming increasingly aware of a bright orb in the sky - the SUN!! With good news comes caution though
UVA rays penetrate deep into the skin resulting in premature ageing
UVB rays damage and alter cells, linking to skin cancers. These rays cause burning

Tanning is actually a sign of damage to the skin from trying to protect itself from UV light

SPF CREAMS ARE A MUST AS THEY WORK TO EITHER ABSORB OR REFLECT UV RAYS



THINGS TO CONSIDER WITH YOUR CHOICE OF ESSENTIAL SPF

- **We recommend using an SPF of at least 30**
- **Its better to use a good moisturiser and good SPF rather than a combined product**
- **They are not waterproof - they are WATER RESISTANT- reapply after swimming**
- **Darker skins still need protection from UV damage**
- **For acneic skin use oil free, non comedogenic products**
- **Old bottles on the shelf have probably expired as they degrade quickly**

X and remember - * HANDS * FACE * SPACE * - stop the spread X

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