

Skin Sense

facts from the experts

Keep Your Skin Healthy Year Round

(NAPSA)—Sunscreen isn't just for the beach. Dermatologists say skin and even hair is vulnerable to the sun's UV rays all year round. In fact, some of the most severe sunburns occur while people are skiing or outside in the snow. Snow glare reflects the damaging rays of the sun, so always be aware, even in the winter.

How serious is the problem? UV rays can cause premature aging and wrinkles, but more significantly, the National Institute of Environmental Health Science officially deemed the rays to be carcinogens—meaning they have been linked to certain cancers.

Fortunately, there are ways to protect yourself. The following tips and lists of ingredients can help keep skin healthy—head to toe—all year round:

Stay Protected

Wear sunscreen year round, even when it's cloudy. Look for products that provide at least an SPF of 15 and have PARSOL 1789 (a broad spectrum UVA filter) and PARSOL MCX (a UVB filter). These ingredients absorb and filter a wide range of UV rays and help prevent premature aging. Studies show that sunscreens that are made with both vitamins E and C can help protect against the damage caused by free radicals. Look for the ingredient STAY C-50, the stable form of vitamin C.

Think About Your Regimen

Certain products used to treat acne and wrinkles can make your



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skin sensitive to UV light. Check the label and be sure to consult with your doctor or dermatologist. Also be aware of your hair, as it too can be damaged by UV rays. Hair products, including shampoos and conditioners that contain PARSOL SLX can help protect your hair from sun damage by filtering these rays.

Water Dries

Try to avoid long, hot showers during cold months. It may seem counter intuitive, but water—especially hot water—can strip skin of vital moisture. Stick to short, warm showers during winter and fall. After showering, gently pat your skin almost dry and use a moisturizer while it's still damp. Try a super emollient lotion that includes panthenol and phytantriol for hands, heels or anywhere else you may have skin that's especially dry.