



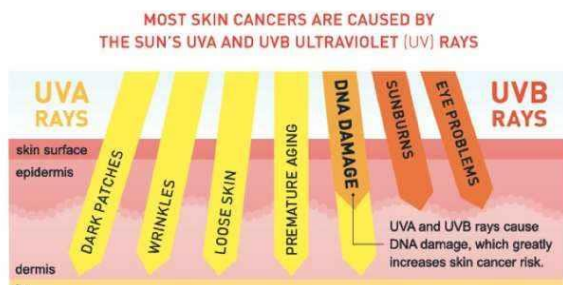
UV Safety

Many of us spend the better part of the year looking forward to the summer months. The sunny weather inspires vacation plans, outdoor activities, summer festivals, and trips to the pool or beach. With so many activities packed in, it's easy to overlook things. One of the most important things to remember when planning to be outside in the summer is how to protect yourself against ultraviolet (UV) rays.

As we enjoy the beautiful summertime weather, we need to keep in mind several issues about the effects of the sun's ultraviolet radiation. We need sunshine. It helps with our body's production of Vitamin D and has been tied to issues of depression in some people who don't get enough. However, overexposure to the sun can lead to a variety of health risks. You may be surprised about some of the specific dangers of sun exposure and how you can protect yourself.

There are 2 main types of UV light, UVA and UVB. UVB is what gives you your sunburn and is responsible for some types of skin cancers. UVA rays are the ones that can make the skin leathery and wrinkly in appearance and these also can contribute to certain skin cancers. (*An easy way to remember: "A" is for Aging and "B" is for Burning*). Both types are harmful to you in different ways.

- Using sunscreen can reduce your chances of burning but it is not going to allow you to spend unlimited time outdoors without risk of skin damage.
- Sunscreen must absorb into the skin to be effective. Apply it about 30 minutes prior to going into the sun so as to let the sunscreen absorb into the skin.
- It is widely recommended that people use sunscreen with an SPF (sun protection factor) of 15-30. An SPF of 30 can block up to 97% of the harmful UV rays. Going higher than 30 on SPF hasn't shown to make a positive difference.
- Sunscreen needs to be reapplied every 60-90 minutes, sooner if you're in the water. (This is true even if you use "waterproof" sunscreen, as it is not truly waterproof, just water resistant.)



UV Safety Month

The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin.

The need to protect your skin from the sun has become very clear over the years, supported by several studies linking overexposure to the sun with skin cancer. The harmful ultraviolet rays from both the sun and indoor tanning "sunlamps" can cause many other complications besides skin cancer - such as eye problems, a weakened immune system, age spots, wrinkles, and leathery skin.

UV light can be harmful to the skin as many of us know who have been badly sunburned. However, it can also be very bad for our eyes. Eye structures such as the cornea, retina, and lens are damaged from UV radiation, so protecting your eyes is vital.

NATURAL INGREDIENTS for sun protection

- **Coconut oil** – contains natural SPF properties;
- **Shea butter** – naturally protects skin, making it perfect for use in a sunscreen;
- **Jojoba oil, sunflower oil, or sesame oil** – these oils are easily absorbed into the skin and also provide some natural sun protection
- **Vitamin E oil** – nourishes and moisturizes skin, and helps naturally preserve homemade sunscreen