

UNDERSTANDING ULTRAVIOLET (UV) RADIATION AND OUR SKIN

The sun emits 3 types of ultraviolet (UV) light/radiation: UVA, UVB and UVC. UVC radiation is blocked by the ozone layer whilst UVA and UVB both reach the earth's surface and penetrate our skin.

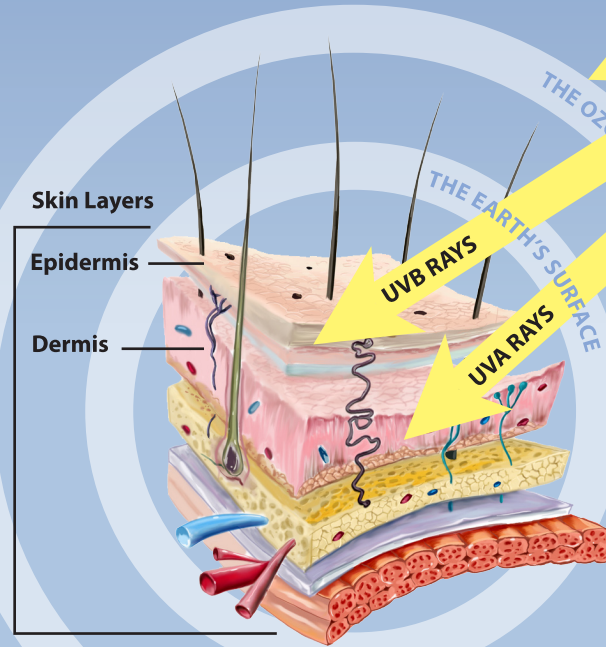
UVB rays have a short wavelength that reaches the outer layer of your skin called the epidermis and UVA rays have a longer wavelength that can penetrate the middle layer of your skin called the dermis.

HOW UV RAYS CAN AFFECT OUR SKIN

UVB rays are burning rays and are the primary cause of sunburns and skin cancer.

UVA rays are able to penetrate deeper into the dermis or the base layer of the skin. UVA rays also contribute to skin burning, skin cancer and wrinkling/premature aging.

Both UVA and UVB rays can suppress the immune system, which helps protect against the development and spread of skin cancer.



UNDERSTANDING SUNSCREEN PROTECTION

SPF (Sun Protection Factor) is the universal measurement of UVB protection. It measures the length of time a product protects against skin reddening from UVB, compared to how long the skin takes to redden without protection. Therefore it is strongly advised that you use a sunscreen with a minimum SPF 30.

Whilst there is currently no universal standard that exists for UVA protection you should always use a sunscreen that offers 'Broad-Spectrum Protection'. This indicates that a product shields against UVA as well as UVB.

Even with the best sunscreen, some UV rays can get through to your skin and cause damage. This is why sunscreen is considered as only one element of sun safety.

