

SKINCARE TIPS IN THE SUN

Unprotected sun exposure plays a large roll in skin aging, wrinkles, and increases your risk of skin cancer, the most common form of cancer.

WIDE BRIMMED HATS

PROTECTION FROM THE TOP DOWN

An important tool for protecting your eyes, nose, and lips.

Every **1"** of brim can reduce your risk of skin cancer by **10%**



WEAR SUNSCREEN

Even on cloudy days

Wearing an all mineral sunscreen decreases your risk of skin cancer and protects against signs of aging.

For best results, look for a all mineral water resistant SPF 50 sunscreen.

UPF SHIRTS

UPF Clothing is the best way to protect your skin from sun exposure.

The tighter the weave and darker the color, the better protection it offers.

ANTIOXIDANT SUPERPOWER

THE SECRET TO THE ANTIAGING REVOLUTION

They stop the formation of *free radicals*, which are molecules with an unpaired electron, created from stressors such as UV exposure. Free radicals attack healthy molecules trying to steal an electron in reactions causing cell damage and cell death. Antioxidants used in proper ratios donate an electron to terminate these chain reactions.

